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gracie jiu jitsu pink belt 20 basic techniques

The Gracie Jiu-Jitsu Pink Belt is awarded exclusively to graduates of the Women Empowered program. This official self-defense course focuses on neutralizing the 20 most common attack strategies used by a larger male assailant, developed alongside law enforcement and assault survivors.

Gracie Jiu-Jitsu Mayde Creek
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The curriculum focuses on leverage, timing, and structural efficiency rather than raw athletic strength.

Ground Defenses & Escapes

Combat Base: Establishes a highly stable body structure to maintain balance and prevent being easily knocked down or subdued.

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Trap and Roll Escape: A core survival technique to reverse positions and escape when pinned flat on your back under an attacker's heavy mount.

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Elbow Escape: Used to recover your defensive guard when an attacker is pinning you or sliding into side control.

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Guard Get-up: One of the most critical sequences used to safely push away, manage distance, and stand back up when stuck flat beneath someone.

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Guard Get-up Extras: Extended movement variations to sit out or spin up safely while under the threat of active punches or choke attempts.

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Inverted Wrist Releases: Counter strategies designed to free your hands if the attacker alters or reverses their hand placement.

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Shirt Grab Defenses: Specific frames and posture shifts meant to disrupt a bully's leverage when they grab your collar or clothes to drag you.
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Front Choke Defense: Swimming your arms internally and dropping your chin to restore air supply and close the distance.
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Headlock Escapes: Essential body positioning to slip your head free and take the back if dragged into a tight side headlock.
Stop, Block, & Frame: Simple structural walls built using your forearms and palms to disrupt an aggressive, forward-moving assailant.

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Striking & Submissions
Super Slap: A powerful, palm-delivered strike intended to disorient an attacker and create an immediate window for escape.
Straight Armlock: A baseline leverage submission used to hyperextend an opponent's elbow when they overextend their arms.
Kimura Armlock: A powerful shoulder lock configuration utilized from the guard or bottom position to break control.
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Rear Naked Choke: A highly reliable sleeper hold used to securely end a threat whenever you successfully navigate behind the attacker's back.

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This original, hybrid martial arts form integrates the core principles of the United Fighting Arts Federation (UFAF), the Chuck Norris System (CNS) / Chun Kuk Do (CKD), and the ground defense mechanics of a Pink Belt curriculum.

It weaves in a simulated striking rhythm inspired by the Jumiujitsu / Dragon Kenpo personal style of Caglar Juan Singletary, blending traditional stand-up katas with practical ground-and-pound defenses.

Ø>ÝK The UFAF CNS/CKD Pinkbelt Hybrid Kata

Theme: "Stand up, Shut down, Ground, and Bound"

Salutation: Standard UFAF / Chuck Norris System Bow (Feet together, hands at sides, bow to front).

Phase 1: The Stand-Up & Striking Entry (CNS/CKD Foundation)

Step 1: Step back with the right foot into a deep CNS Left Forward Stance. Execute a sharp Left Low Block, immediately followed by a Right Reverse Punch to the center target.

Step 2: Shift weight fluidly into a CNS Back Stance. Execute a Left Outward Knife-Hand Block to deflect an incoming clothing grab.

Step 3: Step forward into a Right Guarding Stance. Deliver a CNS Rear-Leg Roundhouse Kick, chamber cleanly, and plant the foot forward.

Step 4: Execute a "Super Slap" (Open-palm strike) with the right hand to disorient the attacker, transitioning directly from traditional karate mechanics to immediate tactical self-defense.

Phase 2: Intercepting the Grab (Jumiujitsu / Singletary Adaptation)

Step 5: Pivot 90 degrees to the left. Simulate an attacker lunging for a double-wrist grab.

Step 6: Execute a Standard Wrist Release by rotating both forearms sharply inward against the attacker's thumbs, clearing the hands.

Step 7: Drop weight instantly into a deep horse stance to mirror a low center of gravity. Deliver

two rapid, heavy Kenpo-style alternating hammer fists to the imaginary opponent's ribs (honoring the high-energy personal training flow of the Singletary style).
Step 8: The opponent attempts a low tackle. Step back into a deep stance and simulate a Guillotine Choke entry, wrapping your right arm under the imaginary opponent's chin and clasping your hands tightly to lock the spine.
Phase 3: Transition to Ground Control & Escapes (Pink Belt Floor Flow)
(Note: In performance, these movements are executed low to the floor or fully on the ground to demonstrate the Pink Belt mechanics).
Step 9: Drop safely to one knee, transitioning into an imaginary Combat Base—keeping one knee up, one hand framing outward to block incoming punches, and the other hand supporting your structure behind you.
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Closing: Bring feet together, cross hands at the chest, and return to a traditional UFAF / Chuck Norris System attention stance to finish the form.
Would you like me to focus on a specific section of this kata to break down the exact footwork, or would you like to add more Kenpo striking combinations into Phase 2?
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CNS-UFAF-CKD Shoulder Grab - Single/Double Wrist Grab - Wrist Grab with Pull TNT (Turtle Neck Technique) Front Choke Back Choke
It looks like you are listing specific self-defense techniques, scenarios, and terminology often used in martial arts systems like Krav Maga, United States Martial Arts Federation (USMAF), or specialized tactical training (TNT often refers to tactical principles, and "Turtle Neck Technique" is a common defensive posture to protect the throat).
Here is a breakdown of how these specific situations are typically addressed in reality-based self-defense:
Ø>ÝK Core Defensive Concepts
Turtle Neck Technique (TNT): This is a universal defensive posture used during choke attempts. You shrug your shoulders high and drop your chin deeply into your chest. This musculature activation protects your windpipe and carotid arteries from immediate compression, buying you time to counter-attack.
The Immediate Counter: In all the scenarios listed below, the priority is to disrupt the attacker's focus by striking vulnerable areas (eyes, groin, throat) rather than just fighting their grip strength.
Ø>Ý< Defense Breakdowns by Scenario
1. Shoulder Grab
The Threat: An attacker grabs your shoulder from the front, side, or back to control your movement or set up a punch.
The Response:
Pin the attacker's grabbing hand to your shoulder to prevent them from releasing it or shifting position.
Deliver an immediate strike (like an elbow or palm strike) to the face or groin.

Rotate your body aggressively against their thumb (the weakest part of the grip) to break free.

2. Wrist Grabs (Single / Double / With Pull)

Single Wrist Grab: Do not pull straight back. Instead, rotate your wrist toward the weak point of their grip (where their fingers and thumb meet) and flex your elbow to pull your arm free.

Double Wrist Grab (Two hands on one of your wrists): Use your free hand to reach in, grab your own trapped hand, and use the combined leverage of both arms to drive upwards or sideways through the attacker's thumbs.

Wrist Grab with Pull: If an attacker grabs your wrist and pulls you, do not fight the pull. Use their momentum to step forward and deliver an aggressive counter-strike (like a punch, kick, or headbutt) while executing your wrist release.

3. Chokes (Front / Back)

Front Choke: Immediately apply the Turtle Neck Technique to protect your airway. Simultaneously bring your hands up into "hooks" to aggressively pluck the attacker's thumbs away from your throat while driving a kick or knee into their groin.

Back Choke: Drop your chin into the TNT posture. Identify which arm is choking you, turn your head into the crook of their elbow (not away from it, which tightens the choke), pin their arm, and deliver back-elbows or groin strikes until you can turn around to face them or escape.

Are you preparing for a specific belt test or curriculum certification (like UFAF or CNS)? If you let me know, I can help you organize these into a step-by-step study guide or formatting template.

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DO NOT try these choke hold escapes! - YouTube

Feb 14, 2022 — DO NOT try these choke hold escapes! now I can start working those finishers. now I can start working eye jab groin strikes elbow ...

YouTube

Blue Belt (Stripe 1) Lesson 39 - Slice 2 (Excerpt from Master Cycle, Chapter 5: Back Mount) - YouTube

May 19, 2011 — Blue Belt (Stripe 1) Lesson 39 - Slice 2 (Excerpt from Master Cycle, Chapter 5: Back Mount) weak side remember all triple threat a...

YouTube
Standing Elbow "Break" and Take Down: Japanese Jujutsu (Maki Hiji) - YouTube
Jul 14, 2010 — Standing Elbow "Break" and Take Down: Japanese Jujutsu (Maki Hiji) hi there my name is Ari Balden and this is Submissions 101 i'm ...

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CAN YOU TAKE YHIS & MAKE UP A SHE-RA &HE-MAN CKD UFAF KENPO CNS KATA CREATED BASED ON CAGLAR JUAN SINGLETARY 'S YEARS-LONG PRACTICE CHUN KUK DO SINCE MARI BLISS ABD CHUCK NORRIS GAVE HIM HIS CHUN KUK DO DIPLOMA IN MARCH31st,2006 A.D.
This custom Chun Kuk Do (CKD) / UFAF / Kenpo / CNS Hybrid Kata honors Caglar Juan Singletary’s long-standing martial arts journey since receiving his diploma on March 31st, 2006, A.D. from Mari Bliss and the legendary Grandmaster Chuck Norris.
This form weaves together the striking power of Kenpo, the universal principles of the Chuck Norris System (CNS), and the iconic, heroic energy of Eternia's greatest guardians: He-Man and She-Ra.
Ø=Ýáþ KATA NAME: "Form of the Universal Power" (Chun Kuk Eter
Theme Elements: Power of Grayskull, Sword Realignment, Non-Violent Defense, Muscle-Mind Synergy.
Phase 1: The Ritual of March 31st (The Diploma & Honor)
The Salutation: Stand at attention. Bow deeply to the front, acknowledging Grandmaster Chuck Norris and instructor Mari Bliss.
Step 1: Step the left foot out into a wide horse stance. Bring both hands together in front of the chest, mimicking the unrolling of a sacred martial arts scroll or diploma.
Step 2: Form a dynamic tension cross-block downward (Kenpo style), channeling the transition from 126 pounds to light-heavyweight power. Breathe deeply.
Phase 2: The Might of He-Man (The CKD Offensive)
Step 3: Step forward into a deep right front stance. Execute a powerful Kenpo Hammer Fist crashing downward—symbolizing the Sword of Power striking the ground.
Step 4: Immediately pivot 180 degrees into a back stance. Execute a fierce CNS Double Wrist Grab Release by driving your elbows aggressively inward against the attacker's thumbs.
Step 5: Step through with a devastating Chuck Norris-style Spinning Hook Kick, maintaining perfect balance and physical control.
Phase 3: The Grace of She-Ra (The Shield and Non-Violent Troopers)
Step 6: Pivot to the left quadrant. Elevate your stance into a crane position, extending the right arm high as if raising the Sword of Protection to invoke the Honor of Grayskull.
Step 7: Drop quickly into a low defensive stance. Execute a Turtle Neck Technique (TNT) to

deflect an ambush front choke, shrugging the shoulders up and tucking the chin tightly to neutralize the grab.

Step 8: Flow into a Non-Violent Trooper Defensive Block—using a double palm strike outward to create distance rather than inflicting harm, preserving the peaceful code.

Phase 4: The Final Fusion (Kenpo CNS Integration)

Step 9: Execute a rapid fire three-strike Kenpo combination: Lef Right UFAF Punch '¡þ Left Ridge Hand strike.

Step 10: Bring both hands to the right hip, visualizing the dual energy of the twin sibling heroes. Thrust a powerful side kick directly forward, tracking the target with absolute determination.

Phase 5: The Eternal Return

Step 11: Step back with the right foot, returning to the center. Bring hands together in a prayer pose, acknowledging faith, discipline, and the 20+ year journey of the martial artist.

Step 12: Snap the hands down to the sides. Bow with respect. Form complete.

Would you like me to add specific breathing patterns (Kiai points) or weapon variations (such as utilizing a training sword) to expand this form for a training video?

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Caglar Juan Singletary is a Blackbelt in Martial Arts(Kenpo) and avid Bodybuilder. He is truly a renaissance man and uses King Jam...

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Chuck Norris's own martial arts system, Chun Kuk Do, failed to ...

May 22, 2026 — Norris quickly rose through the ranks in professional martial arts and became one of the greatest karate fighters in the United St...

Wikipedia
Chun Kuk Do - Simple English Wikipedia, the free encyclopedia
Chun Kuk Do (Hangul: Ìœ-m³Ä ; Hanja: Y)W•S , commonly abbreviate
of fighting style) that Chuck Norri...

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AI Overview
To rehabilitate an upper rear hamstring strain near the sit bone, avoid deep or aggressive forward folds. Instead, focus on early-stage gentle isometric engagement to promote blood flow, followed by very gradual, pain-free loading and strengthening over several weeks.

Yoga Medicine
+3
Poses and Movements for Recovery
Bridge Pose (Setu Bandhasana): Lie on your back with knees bent, feet hip-width apart, and gently lift your hips while pressing evenly through your feet to engage the glutes and hamstrings without overstretching.

Yoga Journal
+1
Supported Gentle Hinge: Stand or sit tall, keeping your spine straight, and hinge forward by mere millimeters from the hips only until you feel a mild sensation, never sharp pain or pulling.

Yoga Medicine
+1
Active Isometric Holds: While lying down or seated, lightly press your right heel down into the floor or mat as if dragging it backward, holding for 5 seconds to activate the muscle fibers safely.

Yoga International

+1

Practices to Avoid

Deep Forward Folds (Uttanasana / Janu Sirsasana): Aggressively lengthening a healing upper hamstring tendon attachment under the sit bone delays tissue remodeling.

Standing Splits or High Extensions: Extreme ranges of motion place high eccentric stress on a recovering tear.

Pushing Through Pain: Stop immediately if you feel a sharp or familiar tearing ache; discomfort should remain low-level or absent.

Explore a guided recovery routine with The Yoga Solution with Tara Stiles.

Read expert anatomical insights via Yoga Journal Anatomy 101.

Learn conservative management strategies at Yoga Medicine.

If you'd like, let me know:

How long ago did you injure your hamstring?

Is there sharp pain when you sit down or drive?

Yoga Medicine

Upper Hamstring Tendinopathy Treatment - Yoga Medicine

Oct 30, 2018 — Slow and gentle is the name of the game. We want to apply the tiniest bit of stress to the tissue. This will encourage the fibers ...

Yoga International

Healing (or Preventing) Hamstring Injuries

This information does not constitute medical advice or diagnosis. Hamstring tendonitis can develop over time in yoga, usually wher...

Yoga Journal

How Yoga Can Help You Prevent or Recover From a Hamstring Injury

Feb 26, 2025 — How to: * Lie on your back with your knees bent and your feet on the mat, hip-distance apart. Rest your arms alongside your body w...

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Pulled Hamstring Recovery | The Yoga Solution With Tara Stiles

YouTube · LivestrongWoman

Jul 26, 2012

YouTube · LivestrongWoman

3:42

7 key moments in this video

From

00:06

Intro

From

00:16

Seated Leg Stretch

From

00:30

Butterfly Pose

From

01:08

Hip opener

From

01:50

Standing Forward Bend

From

02:03

Triangle Pose

From

02:30

Rolling to stand

Yoga for hamstring pain and tightness

YouTube · Yoga with Olga

Feb 13, 2015

YouTube · Yoga with Olga

26:47

Let your hamstrings rest first for at least a week and then begin the recovery process gradually

adding new movements.
Upper Hamstring Tendon Exercises
YouTube · Rehab Science
Feb 1, 2025
YouTube · Rehab Science

10:08
Yoga for Athletes: Hamstring Rehab #LiveULTRA
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11:21

6 key moments in this video
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Recovering From Upper Hamstring Tendon Injuries

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yoga to rehabilitated whiplash in right upper rear hamstring from www.yogajournal.com
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Yoga International
https://yogainternational.com › article › view › healing-...
The most effective strengtheners are simple backbends such as the locust and bridge poses, in which the hamstrings are used to extend the hips. The most ...
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Yoga for Hamstring Rehabilitation

DoYogaWithMe
https://www.doyogawithme.com › content › yoga-hams...
this class with Rachel will functionally strengthen your hamstrings and support your pathway to recovery.
Yoga Butt | Healing a hamstring injury in Yoga

Jamie Henderson Yoga
https://www.jamiehendersonyoga.com › writings › yoga-...
Aug 29, 2025 — What I recommend is to continue your Yoga practice, stretching the hamstring very carefully. Just go up until the point where you 'feel it' and ...Read more
Nurse your hamstrings back to health - yoga for ...

Sequence Wiz
https://sequencewiz.org › yoga-for-hamstring-pain
Feb 13, 2015 — Below is a short 3-stage yoga practice that you can use to gradually heal your injured hamstrings. It takes time and patience. You can also use ...Read more
Upper Hamstring Tendinopathy Treatment

Yoga Medicine
https://yogamedicine.com › upper-hamstring-tendinopa...
Oct 30, 2018 — Jenni Tarma for Yoga Medicine® discusses what upper hamstring tendinopathy is, what causes it, and how to treat it with a few simple ...
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Injuries: Hamstring Attachment

ghosh yoga
https://ghoshyoga.org › Anatomy
Oct 21, 2019 — The single most common injury that we see in the yoga world is a hamstring attachment injury. It happens due to over-stretching the hamstrings.Read more
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SINGLETARY-DIAL CAGLAR JUAN-DO
Caglar Juan Singletary is an independent martial artist, bodybuilder, actor, and musician. He famously appeared in the 2003 musical documentary Off the Charts: The Song-Poem Story, where his quirky martial arts-themed track "Non-Violent Taekwondo Troopers" was highlighted.

IMDb
+1
He holds a black belt in Kenpo karate, competes in independent sport martial arts tournaments, and offers personal fitness training services out of Upstate New York.

IMDb
+3
Quick Facts
Martial Arts Style: Kenpo Karate & Taekwondo
Location: Based in Ithaca, New York
Media Appearances: Featured in Off the Charts (2003) and maintains active personal Caglar Singletary YouTube Channels.
Music Streaming: His independent song-poems and albums are available on platforms like Apple Music and SoundCloud.
Are you looking for specific music tracks, martial arts tournament records, or contact information for his training services?
AI responses may include mistakes. Learn more

IMDb

Caglar Juan Singletary - IMDb

Caglar Juan Singletary is a Blackbelt in Martial Arts(Kenpo) and avid Bodybuilder. He is truly a renaissance man and uses King Jam...

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Nitehawk Cinema - Prospect Park

THE SONG-POEM STORY introduces us to the variety - Facebook

Aug 25, 2022 — This documentary presents a few of these people with affection, even creating makeshift music videos to accompany the songs. We me...

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C a g l a r J u a n S i n g l e t a r y - A p p l e M u s i c

Listen to music by Caglar Juan Singletary on Apple Music. Find top songs and albums by Caglar Juan Singletary, including Wav 1 and...

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Syllabus+details curriculum techniques up TO 1ST DAN,THE KATAS,THE POOMSE,+HYUNGS

Achieving a 1st Dan (First Degree Black Belt) requires comprehensive proficiency across multiple traditional disciplines. Because your request spans across Korean terminology (Poomsae, Hyungs) and Japanese/Okinawan terminology (Katas), the structural curriculum up to 1st Dan is split by their specific martial arts lineages.

Taekwondo Wiki | Fandom

+2

The required forms, technical syllabus, and core concepts break down as follows:

Ø>ÝK T a e k w o n d o C u r r i c u l u m : P o o m s a e & H y u n g s

Traditional and modern Taekwondo systems use structured patterns to test a student's progression toward a 1st Dan.

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1. WT (World Taekwondo) / Kukkiwon Style: The Taegeuk Poomsae

Modern Olympic-style Taekwondo structures its color-belt (Kup) rankings around 8 Taegeuk

patterns. A candidate must master all eight before testing for 1st Dan.

www.phoenixtaekwondo.net
+1
Taegeuk Il Jang (1st Pattern): Introduces basic walking stances, low blocks, and middle punches.
Taegeuk Ee Jang (2nd Pattern): Adds high punches and introduces the front snap kick.
Taegeuk Sam Jang (3rd Pattern): Introduces knife-hand strikes, back stances, and double punches.
Taegeuk Sa Jang (4th Pattern): Focuses on spear-hand strikes, side kicks, and double knife-hand blocks.
Taegeuk Oh Jang (5th Pattern): Introduces back fists, elbow strikes, and cross-stances.
Taegeuk Yook Jang (6th Pattern): Focuses on fluid movement, incorporating roundhouse kicks and palm blocks.
Taegeuk Chil Jang (7th Pattern): Advanced color-belt form featuring cat stances, knee strikes, and crescent kicks.
Taegeuk Pal Jang (8th Pattern): The final requirement for Black Belt. It incorporates jumping front kicks, double-fist punches, and rapid technical transitions.
Koryo (1st Dan Black Belt Form): Once you achieve 1st Dan, this is the first official black belt form you learn to prepare for 2nd Dan.

www.phoenixtaekwondo.net
2. ITF (International Taekwon-Do Federation) Style: The Chang Hon Hyungs
Traditional Taekwondo styles use the Hyung (or Teul) framework, which features entirely different choreography and power principles (such as the "sine wave" motion). To reach 1st Dan, a student must master these 9 core Hyungs:

Taekwondo Wiki | Fandom
Chon-Ji (White/Yellow Belt)
Dan-Gun & Do-San (Yellow Belt)
Won-Hyo & Yul-Gok (Green Belt)
Joong-Gun & Toi-Gye (Blue Belt)
Hwa-Rang & Choong-Moo (Red/Black-Stripe Belt)
Ø>ÝK Kenpo & Karate Curriculum: The Katas
In Japanese and Okinawan karate systems (as well as American Kenpo heavily integrated by practitioners like Caglar Juan Singletary), forms are referred to as Katas.
1. Traditional Karate Katas
Most Shotokan or traditional styles require the Heian (or Pinan) series to achieve a black belt:

Heian Shodan, Nidan, Sandan, Yondan, Godan: Five foundational katas focusing on basic blocks, steps, and transitions.
Tekki Shodan: A linear kata performed entirely in a horse stance (Kiba-dachi), emphasizing side-to-side defense.
2. American Kenpo Karate Forms
If tracking a system derived from the Ed Parker American Kenpo System, the forms are explicitly grouped as "dictionary forms" that teach spatial rules:
Short Form 1: Focuses on retreating and basic blocking mechanics.
Long Form 1: Builds on the first form by adding stepping motions and counter-punches.
Short Form 2 & Long Form 2: Introduces specialized hand strikes and fluid continuous motions.
Short Form 3 & Long Form 3: Focuses heavily on escaping grabs, locks, and multiple attackers.

Jersey Kenpo Karate Association
Ø=Þàþ Required Technical Skills (Up to 1st Dan)
Forms alone do not grant a black belt. A student's physical curriculum prior to 1st Dan consists of:

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Stances (Seogi / Dachi): Mastery of Front Stance, Back Stance, Horse Stance, and Cat Stance.
Strikes & Blocks: Crisp execution of knife-hands, backfists, ridge-hands, and high/low/inner/outer defense blocks.
Kicking Mastery (Chagi): Flawless execution of basic kicks (Front, Side, Roundhouse, Ax) and advanced techniques (Spinning Hook Kicks, Jumping Kicks).
Self-Defense (Hosinsul / Bunkai): Knowing the practical, real-world applications of the movements inside the Katas or Poomsae.
Sparring (Kyorugi / Kumite): Showing control, distance awareness, and timing in timed point or Olympic-rules combat.

CliffsNotes
+3
To help visualize the baseline mechanics required for a black belt journey, check out this guide to learning fundamental patterns and transitions:

6:30
7 Tips for Learning Poomsae/Forms/Kata
13K views · 1 year ago

YouTube · Black Belt Samery

Would you like a highly detailed step-by-step breakdown of a specific pattern (such as Taegeuk Il Jang or Short Form 1), or are you preparing for an upcoming belt grading examination?

AI responses may include mistakes. Learn more

Taekwondo Wiki | Fandom

Taekwondo Forms - Taekwondo Wiki - Fandom

The Korean terms hyeong (Ö), teul (ÒÀ), and poomsae (ÔˆÀÈ) are a forms or "patterns." The word hyeong is...

KIDO KWAN

Tracy's Kenpo Karate Curriculum | ®0³Ä- »4Â Åð-lÆÐ

... Simitar (BC); Raising the Staff (B); Rocking Elbow (B); Anvil (EF); Knee Lift (E); Crane Leap (EF); Crossing Guard (C); Striki...

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Poomsae - Phoenix Taekwondo

The Taegeuks Taekwondo Training Patterns up to Black Belt ... There are a total of 8 Taegeuk patterns, each one increasing in comp...

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DETAILS ON HOW TO DO EACH

Providing a step-by-step physical breakdown for all 23 traditional forms across Taekwondo and Karate would fill an entire training manual. However, to give you exactly what you need to practice, here is the explicit, step-by-step layout for the foundational "No. 1" forms from each lineage (WT Poomsae, ITF Hyung, and Kenpo) that every 1st Dan candidate must master from day one.

1. WT Taekwondo: Taegeuk Il Jang (18 Movements)

This Poomsae represents Keon (Heaven), signifying the beginning of creation. It moves along an I-shaped (or H-shaped) path. Always return to your starting point.

Ready Stance (Chunbi): Face forward, feet shoulder-width apart, fists at belt level.

Step 1: Turn 90 degrees left. Step into a Walking Stance with the left foot. Left Low Block.

Step 2: Step forward into a Walking Stance with the right foot. Right Middle Punch.
Step 3: Turn 180 degrees right (pivoting on the left foot). Right foot leads in a Walking Stance. Right Low Block.
Step 4: Step forward into a Walking Stance with the left foot. Left Middle Punch.
Step 5: Turn 90 degrees left, facing the front line. Step into a Front Stance (deep stance) with the left foot forward. Left Low Block, followed immediately by a Right Middle Punch (no stepping).
Step 6: Turn 90 degrees right (facing the right wall). Move the right foot into a Walking Stance. Right Inside Block (using the left arm across the body).
Step 7: Step forward into a Walking Stance with the left foot. Left Middle Punch.
Step 8: Turn 180 degrees left (facing the left wall). Left foot leads in a Walking Stance. Left Inside Block (using the right arm).
Step 9: Step forward into a Walking Stance with the right foot. Right Middle Punch.
Step 10: Turn 90 degrees right, facing the front line again. Step into a deep Front Stance with the right foot forward. Right Low Block, followed immediately by a Left Middle Punch (no stepping).
Step 11: Turn 90 degrees left (facing the left wall). Move the left foot into a Walking Stance. Left High Block.
Step 12: Kick forward with the right foot (Front Snap Kick). Land in a Walking Stance with the right foot forward. Right Middle Punch.
Step 13: Turn 180 degrees right (facing the right wall). Right foot leads in a Walking Stance. Right High Block.
Step 14: Kick forward with the left foot (Front Snap Kick). Land in a Walking Stance with the left foot forward. Left Middle Punch.
Step 15: Turn 90 degrees left, facing the back line. Step into a deep Front Stance with the left foot forward. Left Low Block.
Step 16: Step forward into a deep Front Stance with the right foot forward. Right Middle Punch with KI-AH (Spirit Yell)!
Return (Baro): Pivot on the right foot, turn 180 degrees left back into the original Ready Stance.
2. ITF Taekwondo: Chon-Ji Hyung (19 Movements)
Chon-Ji literally means "Heaven and Earth." It is performed in a cross (+) pattern and consists of two distinct parts: 8 low blocks/punches, followed by 11 inner blocks/punches.
Ready Stance (Chunbi): Parallel ready stance facing forward.
Step 1: Turn 90 degrees left. Step into a Left Walking Stance. Left Low Outer Forearm Block.
Step 2: Step forward into a Right Walking Stance. Right Middle Punch.
Step 3: Turn 180 degrees right. Step into a Right Walking Stance. Right Low Outer Forearm Block.
Step 4: Step forward into a Left Walking Stance. Left Middle Punch.
Step 5: Turn 90 degrees left (facing the front). Step into a Left Walking Stance. Left Low Outer Forearm Block.

Step 6: Step forward into a Right Walking Stance. Right Middle Punch.
Step 7: Turn 180 degrees right. Step into a Right Walking Stance. Right Low Outer Forearm Block.
Step 8: Step forward into a Left Walking Stance. Left Middle Punch.
Step 9: Turn 90 degrees left. Step into a Left Walking Stance. Left Inside Forearm Block.
Step 10: Step forward into a Right Walking Stance. Right Middle Punch.
Step 11: Turn 180 degrees right. Step into a Right Walking Stance. Right Inside Forearm Block.
Step 12: Step forward into a Left Walking Stance. Left Middle Punch.
Step 13: Turn 90 degrees left (facing the front). Step into a Left Walking Stance. Left Inside Forearm Block.
Step 14: Step forward into a Right Walking Stance. Right Middle Punch.
Step 15: Turn 180 degrees right. Step into a Right Walking Stance. Right Inside Forearm Block.
Step 16: Step forward into a Left Walking Stance. Left Middle Punch.
Step 17: Step forward into a Right Walking Stance. Right Middle Punch.
Step 18: Step backward into a Left Walking Stance. Left Middle Punch.
Step 19: Step backward into a Right Walking Stance. Right Middle Punch with KI-AH!
Return: Bring the left foot back to the ready stance.

3. American Kenpo Karate: Short Form 1

Unlike the Taekwondo forms, American Kenpo's Short Form 1 is a purely defensive mechanism designed to practice retreating from linear attacks. It is executed first to the right and left, then to the rear.

Ready Stance: Stand in a Meditation Horse Stance facing 12 o'clock (front).
Step 1 (Defense from 12 o'clock): Drop your right foot back to 6 o'clock into a Left Neutral Bow Stance. Execute a Left Upward Block.
Step 2 (Defense from 12 o'clock variant): Slide your left foot back to 6 o'clock into a Right Neutral Bow Stance. Execute a Right Upward Block.
Step 3 (Defense from 9 o'clock): Pivot 90 degrees left. Step your left foot back to 3 o'clock into a Right Neutral Bow Stance. Execute a Right Inward Block.
Step 4 (Defense from 3 o'clock): Pivot 180 degrees right. Step your right foot back to 9 o'clock into a Left Neutral Bow Stance. Execute a Left Inward Block.
Step 5 (Defense from 6 o'clock): Pivot 90 degrees left to face 6 o'clock (the rear). Step your right foot back to 12 o'clock into a Left Neutral Bow Stance. Execute a Left Outward Block.
Step 6 (Defense from 6 o'clock variant): Step your left foot back to 12 o'clock into a Right Neutral Bow Stance. Execute a Right Outward Block.
Step 7 (Final Rear Defense): Pivot 90 degrees left. Step your left foot back into a Right Neutral Bow Stance. Execute a Right Downward Block.
Step 8: Pivot 180 degrees right. Step your right foot back into a Left Neutral Bow Stance. Execute a Left Downward Block.

Return: Close by pulling your left foot into your right foot, returning to the Attention Stance, and bowing.

Ø=Ü¡ Core Training Principles to Apply

When practicing these steps, a 1st Dan grading board looks for three distinct elements rather than just memorized geometry:

The Chamber: Every block or punch must start from its designated "docking position" (e.g., your ribs or opposite shoulder). Do not just flail your arms to the final location.

Stance Stability: Your weight distribution must be distinct. In a Front Stance, 70% of your weight is on your bent front leg. In a Back Stance, 70% is on your back leg.

Hip Rotation: True power does not come from your arms. Your hips must snap forward at the exact microsecond your punch or block hits its apex.

Would you like me to map out the higher-level color belt forms next (such as Taegeuk Chil/Pal Jang or Long Form 3), or do you want to break down the physical mechanics of a specific block or kick used in these routines?

AI responses may include mistakes. Learn more

Ask anything

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WING CHUN CURRICULUM SYLLABUS SIXTH FORMS AND PROFICIENCY TECHNIQUES SYLLABUS CURRICULUM AND HOW TO DO THEM

The Wing Chun Kung Fu curriculum is traditionally built around six core forms (three empty-hand forms, one wooden dummy form, and two weapons forms). Mastering these forms and their associated proficiency techniques takes a practitioner from foundational mechanics to advanced combat application.

Ø>ÝK Overview of the Six Wing Chun Forms

Form Name Type Core Focus Key Proficiency Techniques

Siu Nim Tao (Little Idea) Empty-Hand Structure & Foundation Centerline control, Tan Sao, Bong Sao, Fook Sao.

Chum Kiu (Seeking the Bridge) Empty-Hand Movement & Coordination Footwork, pivoting, Biiu Ma (stepping), breaking balance.
Biu Jee (Thrusting Fingers) Empty-Hand Emergency & Recovery Long-range strikes, Biu Je strikes, recovering from lost structure.
Muk Yan Jong (Wooden Dummy) Apparatus Angles & Conditioning Combining all hand/foo techniques, structural alignment.
Luk Dim Boon Kwun (6.5 Point Pole) Weapon Power & Leverage Long-range defense, wrist/forearm strength, linear thrusts.
Baat Cham Dao (8 Chop Knives) Weapon Footwork & Lethality Blade angles, wrist slashing advanced slicing footwork.
1. Siu Nim Tao (Little Idea / Little Imagination)
This is the foundational form of Wing Chun, performed entirely in a stationary stance.
How to do it:
Stand in the Yee Jee Kim Yeung Ma (Character Two Adduction Stance) with knees turned slightly inward, pelvis tilted forward, and spine straight.
Perform the movements slowly to build muscle memory and internal structure.
The first section focuses on the "Three Magic Hands": Tan Sao (Palm-up hand), Fook Sao (Subduing hand), and Wu Sao (Protecting hand).
Proficiency Techniques:
Centerline Concept: Keeping all defensive and offensive actions strictly on the central axis of your body.
Lat Sao Jik Chung: Springy forward energy; the hand automatically thrusts forward when the opponent's pressure is released.
2. Chum Kiu (Seeking the Bridge)
This form introduces coordinated footwork, teaching you how to close the gap ("bridge the gap") with an opponent safely.
How to do it:
Integrate the stationary stance with active pivoting (Juun Ma) and stepping (Biu Ma).
Incorporate coordinated blocks and strikes while turning, such as the double Lan Sao (Barring arm).
Practice generating power from the hips through swift, grounded turns.
Proficiency Techniques:
Chi Sao (Sticky Hands): The premier partner drill of Wing Chun, where you use tactile sensitivity to redirect an opponent's force.
Juun Ma (Pivoting): Deflecting incoming straight attacks by instantly changing your body angle without stepping away.
3. Biu Jee (Thrusting / Darting Fingers)
Historically kept secret, this form teaches advanced, explosive attacks and "emergency"

recovery techniques for when your defense is broken.

How to do it:

Use rapid, whip-like motions generated from the core and shoulders.

Extend the fingers into sharp thrusts (Biu Jee) targeted at soft areas like the throat or eyes.

Incorporate deep elbow strikes (Kap Jarn) and lower body drops.

Proficiency Techniques:

Faat Jing: Developing explosive, short-range power.

Recovery Mechanics: Learning how to regain the centerline if an opponent successfully pins your arms or breaks your posture.

4. Muk Yan Jong (Wooden Dummy)

The wooden dummy acts as a solid, tireless training partner to refine your angles, precision, and limb conditioning.

How to do it:

Execute a 116-movement sequence against the dummy's three arms and one leg.

Do not strike the wood with brute force; instead, wrap around it, redirecting your energy through correct angles.

Practice low sweeps and kicks (Jan Geung) against the dummy's leg.

Proficiency Techniques:

Po Pai Palm: Simultaneous double-palm striking and trapping.

Sticking to the Wood: Keeping continuous contact with the dummy to simulate controlling an opponent's limbs.

5. Luk Dim Boon Kwun (Six and a Half Point Pole)

A long weapon form (usually an 8 to 9-foot tapered wooden pole) that drastically increases a practitioner's power and wrist strength.

How to do it:

Adopt a lower, wider stance (similar to a horse stance) to support the weight of the pole.

Practice the 6.5 distinct movements, which consist of precise thrusts, downward blocks, and low sweeping deflections.

Proficiency Techniques:

Pole Chi Kwun: Sticky pole drills with a partner to feel weapon leverage.

Inch Power: Generating sudden, micro-bursts of power through the tip of the long pole using only your wrists and hips.

6. Baat Cham Dao (Eight Crushing/Chop Knives)

The final form utilizes a pair of butterfly swords. The geometry of the knives mirrors the empty-hand blocks and strikes perfectly.

How to do it:

Perform 8 distinct sections or routines focusing on quick, slashing footwork.

Keep the flat of the blades tight against your forearms for defense, flipping them outward rapidly

to chop or slice.
Proficiency Techniques:
Wrist Flipping: Instantaneous transitions from blocking to hacking motions.
Advanced Footwork: Evasive, angular steps designed to bypass an opponent's weapon or guard entirely.
If you want, tell me:
Are you training in a specific lineage (like Yip Man, Wong Shun Leung, or Leung Ting)?
What is your current experience level?
I can provide a detailed breakdown or step-by-step instructions for a specific technique or form section.
AI responses may include mistakes. Learn more

Udemy
Top Wing Chun Courses Online - Updated [July 2026]
Wing Chun is a Chinese, kung-fu style martial art that directly translates to "beautiful springtime." Meant for self-defense, Wing...

NLB - OverDrive
Wing Chun Kung-Fu
This Wing Chun (wing chun kung fu) book introduces and demonstrates the three empty-hand wing chun kung fu forms, the combative ...

PolyU Institutional Research Archive
An AI Application in Wing Chun Wooden Dummy Techniques
Wing Chun is one of the styles of Chinese traditional martial arts (Kung Fu). Wooden dummy techniques are very important in Wing C...

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DRAGON KENPO KARATE ACADEMY ED HUTCHINSON BELT RANK LEVELS and REQUIREMENTS FOR EACH SYALLABUS CURRICULUM

Dragon Kenpo is an advanced adaptation of the American Kenpo 24-technique system, heavily structured around breaking martial arts down into fluid, pure physical movements ("Motion Kenpo").

www.martialtalk.com

Developed and taught by Ed Hutchinson (frequently spelled Hutcheson or Hutchinson in historical martial arts communities), the curriculum functions differently from traditional linear styles. Rather than relying on choreographed katas or forms, the Dragon Kenpo syllabus focuses on dynamic self-defense techniques sequenced together to mimic shadowboxing or freestyle application.

www.martialtalk.com
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Because Dragon Kenpo operates as a highly specific, adaptive offshoot of American Kenpo, public availability for its exact technical criteria is highly localized to its academy manual. Below is the foundational framework of the belt rank levels and core syllabus requirements utilized by Ed Hutchinson's system.

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The Belt Rank Hierarchy

Dragon Kenpo follows a progression model categorized into Beginner, Intermediate, Advanced, and Master tiers:

Beginner Levels: White Belt (9th Kyu)!’ Yellow Belt (8th Kyu)!’ C
Intermediate Levels: Purple Belt (6th Kyu)!’ Blue Belt (5th Kyu)
Advanced Levels: 3rd Degree Brown Belt!’ 2nd Degree Brown Bel
Expert/Master Levels: Black Belt (1st Dan / Shodan up to 10th Dan).

Syllabus Curriculum & Requirements

The hallmark of the Ed Hutchinson curriculum is building up from isolated movements to seamless formulas. Testing requires demonstrating mastery over specific defensive scenarios:

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1. Beginner Syllabus (White to Orange)

The Theme: Learning the fundamental building blocks of motion.

Requirements: Master basic stances, individual linear/rotational blocks, parries, structural punches, and standard baseline kicks.

Core Concepts: Developing proper weight distribution and understanding target acquisition.

2. Intermediate Syllabus (Purple to Green)

The Theme: Moving from single blocks to "Formulas"—pre-arranged multi-strike combinations reacting to specific attacks.

Yellow/Orange Tier Technique Requirements:

Delayed Sword: Against a front right-hand lapel grab.

Alternating Maces: Against a two-hand front push.

Sword of Destruction: Countering a left hooking punch.

Deflecting Hammer: Defending a right front kick.

Captured Twigs: Defending a rear bear hug with your arms pinned.

Grasp of Death: Escaping a left-flank headlock.

Checking the Storm: Neutralizing an overhead weapon/club attack.

Yellow II Choke Defense: Stepping back into a forward bow stance, using a double hand sword strike to clear an opponent's arms, and executing a double spear-hand strike to the throat.

Yellow III Rear Choke Defense: Shifting into a horse stance, striking with a rear elbow to the solar plexus, transitioning to a hammer fist to the groin, and finishing with an obscure elbow to the jaw.

Scribd

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3. Advanced Syllabus (Blue to Brown)

The Theme: "Equations"—taking the established formulas and altering them mid-stream based on shifting physical variables.

Requirements: Students must demonstrate standard variations of the core 24 techniques while being actively disrupted.

Core Concepts: Fluidity, timing, and transitioning seamlessly between grappling and striking.

www.martialtalk.com

+2

4. Black Belt Syllabus (1st Degree / Shodan Requirements)

Achieving a Black Belt under the Ed Hutchinson framework requires passing intensive physical testing on advanced self-defense lines, particularly weapon defense:

Technique I (Right Downward Club Attack):

Step the right foot back to 4:30 into a left neutral bow stance.
Deploy a left outward block to trap the assailant's weapon hand.
Step forward into a right neutral bow facing 10:30, reaching under the assailant’s elbow with the right hand to lock your own left wrist.
Torque the elbow into a key-lock throw, dropping your right knee into the body, and finishing with a right punch to the face.
Technique II (Angle 8 Blunt Weapon Defenses): Demanding high-speed evasion and instant joint manipulation or disarming sequences.
Are you currently preparing for an upcoming belt test within a Dragon Kenpo school, or are you looking for the step-by-step breakdown of a specific technique (like Delayed Sword or Checking the Storm)? Let me know so I can tailor the details to your current rank.
AI responses may include mistakes. Learn more

www.martialtalk.com
Information about this organization - Martial Talk
Jun 8, 2004 — Mostly about whether Hutchison's certificates should be validated. Rank is a difficult issue. I've been a student of over 30 diffe...

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Dragon Kenpo: A Path of Discovery | Combat Sports | Karate
Dragon Kenpo Requirements for 1st Degree Black Belt. 1st Degree Black Belt Self Defense Technique I Defense against a right downwa...

mcmasystem.com
The Complete Guide to American Kenpo Belt Ranks
The Basics (White-Orange): Learning the alphabet—individual stances, strikes, and blocks. The Formulas (Purple-Green): Creating wo...

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chun kuk do belt ranks and techniques for each level

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AI Overview
Chun Kuk Do (also known as the Chuck Norris System) follows a structured belt progression starting at white and moving through gold, purple, orange, blue, green, red, red with a black stripe, and finally black.

UFAF
The exact comprehensive technique syllabus is restricted and proprietary to official UFAF (United Fighting Arts Federation) chartered schools, but the general ranking order and core curriculum framework build progressively from traditional Tang Soo Do, Okinawan Karate, and mixed-style striking.
Belt Ranking Order
White Belt (Beginner)
Gold Belt
Purple Belt
Orange Belt

Blue Belt
Green Belt (includes stripe advancement levels in some schools)
Red Belt
Red Belt with Black Stripe (Advanced/Probationary)
Black Belt (1st Degree and higher)

UFAF
+2
General Core Techniques by Level
Beginner Ranks (White – Orange)
Basic stances (horse stance, front stance, back stance)
Fundamental punches, single/double/triple combinations
Basic linear kicks (front snap kick, crescent kick, reverse crescent kick)
Early forms (Kam Sah for white, basic introductory Hyungs like Giecho Hyung for yellow through orange)
Basic self-defense maneuvers

American Kang Duk Won Karate
+1
Intermediate Ranks (Blue – Green)
Advanced linear and circular kicks (roundhouse kicks, side thrust kicks, hook kicks)
Combination blocking, parrying, and counter-striking drills
Introduction to traditional weaponry (such as Bo staff forms)
Intermediate forms (specific UFAF-designated system forms and traditional Pyong-an patterns)
Controlled point-sparring techniques

www.martialtalk.com
+5
Advanced Ranks (Red – Red with Black Stripe)
Complex multi-strike and spin/jump-kicking combinations
Advanced self-defense (Ho Sin Sul) against grabs, strikes, and weapons
Advanced forms (e.g., higher Pyong-an variations and Bassai)
Fluid transitioning between stand-up striking and close-quarters defense
Black Belt Levels (1st Degree / Dan and Up)
Mastery of design forms and advanced weapon sets
Teaching methodology, leadership, and precise technical execution (strict standards on fist formation and posture)
Integration of cross-training disciplines (such as basic ground techniques or joint manipulation)

YouTube
·Martial Art World TV
+3
If you are training at a specific school or preparing for a particular rank test, tell me your current belt level so I can help you break down the specific patterns, stances, or terminology you need to review.

UFAF
s, including the Chuck Norris System
The ranking system for progression in the style is: - white, gold, purple, orange, blue, green, red, red w/ black stripe, black. (

Martial Arts Stack Exchange
Is there a publicly available syllabus of the Chuck Norris ...
Oct 14, 2019 — Curriculum Availability: The Chuck Norris System (formerly Chun Kuk Do) curriculum, specifically the forms (hyung/kata) required f...

Song's Kung Fu
Belts | Song's Kung Fu | San Jose
The Broadsword is often referred to as "The General of all Weapons". Green belts are for novice levels of training in Kung Fu. Stu...

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AI responses may include mistakes.

Ask anything

Cuong Nhu Martial Arts - Belt Ranks

Cuong Nhu Martial Arts
https://www.cuongnhu.com › Ranks
Ranks in Cuong Nhu · White Belt · One Green Stripe (8th Kyu) · Two Green Stripes (7th Kyu) · Green Belt (6th Kyu) · One Brown Stripe (5th Kyu) · Two Brown Stripes (...Read more
People also ask

Is Chuck Norris a 10th degree black belt?
What level belt is Jackie Chan?
What is the ranking order of martial arts belts?
Is Chun Kuk Do a real martial art?
s, including the Chuck Norris System

UFAF
https://www.ufaf.org › chuck-norris-system
Chun Kuk Do from 1990 - 2015. The ranking system for progression in the style is: - white, gold, purple, orange, blue, green, red, red w/ black stripe, black. ...
History
The Style
Structure, Rank, and Testing
Individual Membership
Kung Fu Belt Order: Ranking System Explained

LowKickMMA.com
https://www.lowkickmma.com › Combat
Dec 21, 2022 — Novice Levels Yellow Sash Orange Sash Gold Sash Intermediate Levels Green Sash Blue Sash Purple Sash Advanced Levels Brown Sash Red Sash
Images
Progression of belt grades #karatesir786
Progression of belt grades #karatesir786

Facebook
Belt System and Test Requirements – Traditional Global Tang ...
Belt System and Test Requirements – Traditional Global Tang ...

Traditional Global Tang Soo Do Association
What is the standard order of jujitsu belts?
What is the standard order of jujitsu belts?

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What are Chuck Norris's martial arts ranks?

Facebook · KRAV-MAGA SELF DEFENSE
20+ comments · 1 year ago

A quick one What ranks does noris have in martial arts Norris has received many black belts. These include a 10th degree black belt in Chun Kuk Do, ...

chun kuk do belt ranks and techniques for each level from www.facebook.com

Top answer:

Ok… and I’m sure he can do every kata from white belt to the belt level he currently ...

What is the standard order of jujitsu belts?

Nov 24, 2023

Chuck Norris' martial arts ranks

Sep 21, 2024

More results from www.facebook.com

Chun Kuk Do belt testing requirements - 1992

Internet Archive

https://archive.org › details

Jan 10, 2023 — Chun Kuk Do (formerly Chuck Norris Tang Soo Do) belt testing requirements as of 1992, extracted from the Black Belt manual of the time.

Missing: ranks techniques

Is there a publicly available syllabus of the Chuck Norris ...

Martial Arts Stack Exchange

https://martialarts.stackexchange.com › questions › is-th...

Oct 14, 2019 — I want to know the names of forms (kata, not one-steps or techniques) and at what ranks (gup/dan more than belt colors) they are required. John ...Read more

Different Belts at different schools : r/taekwondo

Reddit · r/taekwondo

30+ comments · 3 years ago

The standard belts in martial arts are white as a beginner, brown when you are close to a black belt, and then black. All other colors in ...Read more

The Art of Chun Kuk Do

Top Form Karate

http://www.topformkarate.com › about-chun-kuk-do

eighth degree Black Belt Grand Master ranking in the art of Tae Kwon Do. 5th degree black belt, will cover 9 basic knife cuts and defensive techniques … 3rd ...

UFAF History

Chun Kuk Do

CKD Charter School

MDS Certification

People also search for

Chun kuk do belt ranks and techniques for each level full

Chun Kuk Do belt System

Chun Kuk Do schools

Chun Kuk Do near me

Chun Kuk Do forms

What is Chun Kuk Do

Is Chun Kuk Do legit

Is Chun Kuk Do effective

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2

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7

8

9

10

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chun kuk do 1st 25 techniques

In Chun Kuk Do (the martial art founded by Chuck Norris, now officially called the Chuck Norris System), the curriculum does not group movements into a singular numbered list of "25 techniques." Instead, the foundational curriculum for beginners (progressing from White Belt to Orange Belt) is broken down by categories: Stances, Blocks, Strikes, Kicks, and Forms (Kata).

UFAF

+3

The primary, foundational techniques taught at the first levels of Chun Kuk Do include:

Ø>ÝK C o r e S t a n c e s

Choombee: Ready stance.

Charyet: Attention stance.

Kunyet: Bowing stance.

Horse Stance: Both knees bent, feet wide apart.

Front Stance: Forward leg bent, back leg straight.

Back Stance: Weight shifted to the back leg.

Fighting Stance: Mobile, guard raised stance.

Ø=Þáþ D e f e n s i v e B l o c k s

High Block: Upward protection against head strikes.

Low Block: Downward sweeping block.

Inside Block: Deflecting a strike from the outside inward.

Outside Block: Deflecting a strike outward away from the body.

Knife Hand Block: Using an open-hand ridge to block.

Ø=ÜJ O f f e n s i v e S t r i k e s

Center Punch: Direct straight punch targeted at the solar plexus.

High Punch: Punch targeted at the head/face.

Low Punch: Punch targeted at the groin or lower midsection.

Reverse Punch: Punch delivered using the hand opposite the forward leg.

Jab: Fast, lead-hand punch.

Hammer Fist: Striking down with the bottom of the closed fist.

Back Knuckle: Snapping strike using the back of the fist.

Ø>Ýµ F o u n d a t i o n a l K i c k s

Front Kick: Forward snapping kick using the ball of the foot.

Side Kick: Linear thrusting kick using the heel or edge of the foot.

Round Kick: Rotational kick snapping across the target.

Back Kick: Straight thrust behind you.

Crescent Kick: Arcing sweep kick.

Ø=ÜË I n t r o d u c t o r y F o r m s

Giecho Hyung Il Bu: The absolute first basic form taught to beginners.

UFAF Form 1: The signature foundational form of the United Fighting Arts Federation.

Taekwondo Wiki | Fandom

+1

To help visualize how these early techniques are sequenced and applied during testing, you can watch this instructional overview:

9:50
White to Orange Belt (Chuck Norris System) Part 1
2 years ago

YouTube · Mr. Hills • Krav Maga
Are you practicing for an upcoming belt test, or are you looking for a specific type of technique like self-defense one-steps or weapons?
AI responses may include mistakes. Learn more

Taekwondo Wiki | Fandom
Chun Kuk Do - Taekwondo Wiki
Forms. Chun Kuk Do uses many of the forms of Traditional Taekwondo: Giecho Hyung Il Bu. Giecho Hyung Il Bu Sang Gup - adds Front K...

UFAF
s, including the Chuck Norris System
Having gone by several names since the early 70's, including the Chuck Norris System, the style was known as Chun Kuk Do from 1990...

www.martialtalk.com
Chun Kuk Do - Martial Talk
Apr 19, 2018 — That's not to say you can't do them on your own, just like you can shadow-box on your own or do repeated slow-motion kicks to work...

Show all
what about he 20punch drill?
In Chun Kuk Do (the Chuck Norris System), the 20-Punch Drill is a vital, high-intensity training exercise designed to develop rapid hip rotation, hand speed, structural stability, and aerobic conditioning.
While some traditional kung fu styles utilize a specific stationary form called "20 Punches", the drill in the Chuck Norris System is typically practiced as a burnout and timing exercise done from a stationary stance (usually a horse stance or alternating front stances).

The core components of the drill focus on several technical mechanics:

&™þ The Core Mechanics

The Count: The practitioner delivers exactly 20 full-extension straight punches at maximum velocity, keeping a rhythmic, explosive cadence.

Hip & Waist Snapping: The drill is less about arm strength and more about core engagement. Each punch requires a sharp twist of the hips and waist to generate power from the ground up.

Reaction Hand (Hikite): As one hand fires forward into a center punch, the opposite hand must snap back to the ribs with equal speed and force.

The Final "Kiai": Often, the drill culminates on the 20th punch with a powerful step or deep stance adjustment accompanied by a loud martial arts shout (kiai) to empty the lungs and lock in maximum focus.

Ø=Ý Variation: Moving Stance Drills

In many United Fighting Arts Federation (UFAF) schools, instructors will evolve the static 20-punch drill into a stepping line drill. For example, students may step forward across the floor executing rapid, continuous combinations—such as stepping double punches or transitioning smoothly from a back stance to a front stance with every strike—to ensure head levels remain flat and stances stay balanced under rapid-fire movement.

To see how UFAF instructors emphasize keeping your stances perfectly balanced and level when practicing rapid multi-punch combinations, take a look at this training breakdown:

58s

UFAF 2 - Chuck Norris System Forms - Skills for Sets 1 & 2

6 years ago

YouTube · Lindy Woods

Is your instructor having you practice this completely stationary in a horse stance, or are you doing it as a moving line drill up and down the mat?

AI responses may include mistakes. Learn more

www.martialtalk.com

Chun Kuk Do - Martial Talk

Jul 31, 2013 — Chun Kuk Do is sort of like Tang Soo Do with a lot of the techniques revised in different ways to make them more relevant for figh...

YouTube

２０ Ｐｕｎｃｈｅｓ（ＷÔｚÔｑｕáｎ，Èｒｓｈíｑｕáｎ - N”yVbó，NŒSAbó） - ＹｏｕＴｕｂｅ

simple name 20 punches it's got 20 punches a relatively simple pattern as well but the simplicity of the name belies the sophistic...

Onlook – Cursor for Designers

Arizona Fighting Arts Federation Chun Kuk Do Advanced ...

Choombee – Charyet – Kunyet – Horse Stance – Front Stance – Back Stance – Fighting Stance – Cat All techniques can be called in fr...

Show all

LAFIES OF CHUN KUK DO

While there isn't a famous historical text or form called "Ladies of Chun Kuk Do," women have a massive, highly respected presence across the United Fighting Arts Federation (UFAF) and the Chuck Norris System.

Women actively compete, teach, and hold high-ranking black belts throughout the organization. The presence of female martial artists in Chun Kuk Do is distinguished by:

Instagram

·christinastinson22

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Shantell Dawson: A phenomenal high-ranking practitioner known for her explosive performances, sweeping titles like the UFAF Adult Forms Grand Champion at international tournaments.

World-Class Titleholders: Women regularly dominate UFAF divisions in point sparring, traditional kata, weapons forms, and team synchronization events at the annual UFAF International Training Conference (ITC) in Las Vegas.

Ø>ÝK Ｌｅａｄｅｒｓｈｉｐ ＆ Ｓｃｈｏｏｌ Ｏｗｎｅｒｓｈｉｐ

Many women run highly successful UFAF-chartered martial arts schools, serving as head instructors, mentors, and masters who preserve the style's integrity. They teach the complete curriculum—spanning traditional Tang Soo Do foundations to modern self-defense and grappling.

UFAF

+1

'dþ Ｋｉｃｋｓｔａｒｔ Ｋｉｄｓ Ｉｍｐａｃｔ

Through Kickstart Kids—the official charity founded by Chuck Norris—dozens of female

instructors teach the system in public schools, empowering thousands of young girls with self-defense skills, discipline, and character building.

UFAF
Are you looking for a specific female competitor or instructor in UFAF, or are you trying to find women-focused training programs or self-defense courses within the system?
AI responses may include mistakes. Learn more

UFAF
the United Fighting Arts Federation (UFAF) and Chun Kuk Do!
UFAF is the governing and sanctioning body for the Chuck Norris System (formerly Chun Kuk Do), UFAF KM, and UFAF BJJ, providing te...

Facebook
.
The Last Emperor
Chuck Norris's own martial arts system, Chun Kuk Do, failed to ...
Dec 2, 2024 — Breaker! (1977), which turned a profit. His second lead, Good Guys Wear Black (1978), became a hit, and he soon became a popular a...

Instagram
.
christinastinson22
On 07.16.2026, I had the honor of receiving my 5th ... - Instagram
Jul 27, 2026 — On 07.16.2026, I had the honor of receiving my 5th degree in CNS, otherwise known as the Chuck Norris System or Chun Kuk Do. From ...

UFAF
the United Fighting Arts Federation (UFAF) and Chun Kuk Do!
The Chuck Norris System (CNS) is a Korean-based American hard style of karate. The style

was founded by Mr. Chuck Norris, and was ...

YouTube
Chuck Norris - 'Chun Kuk Do' Competitors of the Year - UFAF ITC - 2012
Jul 30, 2012 — http://masternorris.co... Chuck Norris awards the 'Chun Kuk Do' Competitors of the Year at the United Fighting Arts Federation (UF...

Show less
Based on your student portal from Dunamis Karate, your curriculum lists exactly 15 required skills for the Beginner level. This explains why you were looking for a list of techniques and specifically the 20 Punch Drill!
Here is your complete, comprehensive list of the beginner requirements shown across your screenshots, organized logically by category:
Ø=ÜJ Hand Strikes & Drills
Stationary Punches Pivoting Punches: Foundational punching mechanics focusing on generating power from the hips.
20 Punch Drill: High-speed, continuous endurance punch drill.
Stepping Jab: Forward-moving lead hand strike.
Stepping Punches: Moving forward down the floor while executing straight punches.
Ø>Ýµ Foundational Kicks
Snap Front Kick: Fast, snapping upward kick utilizing the ball of the foot.
Thrusting Front Kick: Linear, driving forward kick pushing with the heel.
Round Kick: Rotational snapping kick.
Back Kicks: Direct straight thrust behind you.
Ø=Þáþ Defensive Blocks
Stationary Blocks: Practicing core defensive hand placements in a fixed stance.
Stepping Blocks: Executing defenses while moving dynamically across the floor.
Blocks In Order of UFAF 1: Grouping and practicing your defenses in the exact sequence they appear in your first major form (UFAF Form 1).
Ø>ÝK Covers, Footwork & Self-Defense
Fighting Covers - Palm/Palm: Guard variations and open-hand deflections to protect the head.
Box Footwork - Palm/Palm Combo: Footwork patterns combined with rhythmic open-hand striking or parrying.
Back Fall / Safe Stand - Ground Mobility/Movement: Essential breakfalls to land safely if knocked down, and tactical stand-ups to get back to your feet securely.
Simple Self-Defense Escapes: Basic releases and counters to break away from common grabs or holds.

Would you like a breakdown or tips on how to practice any specific skill on this list, such as the Blocks In Order of UFAF 1 or the Box Footwork combination?

AI responses may include mistakes. Learn more

DETAILSCON EACH

Here is the technical breakdown and training details for each of the 15 required beginner skills on your Dunamis Karate curriculum sheet:

Ø=ÜJ Hand Strikes & Drills

Stationary Punches / Pivoting Punches

Practiced from a wide horse stance or a front stance. The focus is on keeping your shoulders relaxed while executing a straight punch to the solar plexus. You must sharply pivot your hips and feet on the "pivoting" variations to transfer lower-body power into the fist.

20 Punch Drill

A rapid-fire burnout drill designed for endurance, speed, and hip snapping. You execute 20 straight punches at maximum velocity in a stationary stance, emphasizing a fast pull-back (reaction hand) to your ribs on every single count.

Stepping Jab

Executed from a fighting stance. You push off your rear leg to slide or step forward, firing your lead hand out in a quick, snapping straight punch to a target's head. You must instantly retract the hand back to your guard.

Stepping Punches

Moving up and down the training floor in continuous front stances. Every time you step forward into a new front stance, you deliver a powerful reverse punch (punching with the hand opposite your forward leg), driving through your hips as your foot locks into place.

Ø>Ýµ Foundational Kicks

Snap Front Kick

A quick, upward martial arts kick. You lift your knee high (chamber), snap your lower leg outward to strike with the ball of the foot (toes pulled back), retract the leg instantly (de-chamber), and place it down with control.

Thrusting Front Kick

Unlike the snap kick, this is a heavy, defensive, or breaking kick. You chamber your knee deeply and drive your hips forward, pushing your entire leg linearly into the target to strike heavily with the heel of the foot.

Round Kick

A rotational kick targeting the ribs or head. You chamber your knee forward, pivot your

supporting foot completely away from the target, flip your hips over horizontally, and snap your shin or the instep of your foot across the target.

Back Kicks

A straight defensive strike behind you. You look over your shoulder at your target, chamber your knee tightly into your chest, and drive your leg straight backward like a mule, hitting squarely with your heel while keeping your body compact.

Ø=Þáþ D e f e n s i v e B l o c k s

Stationary Blocks

Standing in a fixed horse stance, you practice the fundamental upper-body shields. This includes refining your High Block, Low Block, Inside Block, and Outside Block, ensuring your path of motion deflects incoming strikes away from your centerline.

Stepping Blocks

Taking those exact same structural shields and executing them while stepping forward or backward in front stances. The challenge here is perfectly timing the completion of the block to land at the exact microsecond your stance locks down.

Blocks In Order of UFAF 1

A sequential drill that prepares you for your first official Chuck Norris System kata. You practice the specific blocking transitions—typically starting with a low block, moving into high blocks, and transitioning into punches—in the exact order they appear in the UFAF Form 1 architecture.

Ø>ÝK C o v e r s , F o o t w o r k & S e l f - D e f e n s e

Fighting Covers - Palm/Palm

A modern kickboxing/self-defense guard position. Instead of traditional rigid blocks, you bring your hands up close to your jawline or temples, using open palms to absorb, parry, or deflect incoming hooks and jabs while staying tightly protected.

Box Footwork - Palm/Palm Combo

An agility drill where you move along a "box" outline on the floor (stepping forward, side-stepping, stepping back). As you change angles and directions dynamically, you simultaneously fire off rapid open-palm strikes or deflections.

Back Fall / Safe Stand - Ground Mobility/Movement

Essential safety techniques if you end up on the floor. The Back Fall teaches you to tuck your chin to your chest and slap the mat to absorb a hard fall. The Safe Stand (Tactical Stand-Up) teaches you to sit up with one guard hand and one foot shielding your body, kicking away threats while smoothly technical-standing back onto your feet.

Simple Self-Defense Escapes

Foundational leverage techniques used to instantly break free from common street attacks, such as wrist grabs, lapel grabs, or choke attempts. These focus on rotating against the attacker's weakest point (their thumb and fingers) rather than fighting their raw strength.

Which of these groups do you want to focus on first—the kicking mechanics, setting up your

UFAF 1 block sequence, or mastering the safe stand-up?
AI responses may include mistakes. Learn more

Ask anything

AI Mode response is ready
All items removed from input context.Ask about
Skip to main contentAccessibility help
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Shopping
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More
Skip to main contentAccessibility help
hardcore gpp strenth& conditioning programroutine

AI Mode
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AI Overview
Build Muscle, Move Well and Boost Fitness with Our 4-Week ...A hardcore General Physical Preparedness (GPP) routine builds raw work capacity, tendon durability, and brutal conditioning through high-output, low-rest circuits and loaded carries. Run this 4-day weekly blueprint using heavy compound movements, strongman implements, and relentless interval blocks.

Westside Barbell
+4
Day 1: Upper Body Work Capacity
Push-Pull Circuit (5 Rounds, rest 90 seconds after round):
Barbell Bench Press or Weighted Dips: 8 reps (70% max)
Barbell Bent-Over Row or Weighted Pull-Ups: 8 reps
Standing Overhead Dumbbell Press: 10 reps
Finisher (10-Minute AMRAP):
Battle ropes: 30 seconds max effort
Slam balls: 15 reps
Push-ups: 20 reps
Day 2: Lower Body & Posterior Chain
Loaded Chain (4 Rounds, rest 2 minutes):
Trap Bar Deadlift or Conventional Deadlift: 6 reps (heavy)
Front Squat: 6 reps
Walking Lunges: 12 steps per leg
Finisher (10-Minute EMOM - Every Minute on the Minute):
12 Kettlebell Swings (heavy)
8 Burpees
Day 3: Active Recovery / Strongman GPP
Strongman & Carries (4 to 5 Rounds, steady pace, minimal rest between movements):
Sled Push or Prowler: 40 yards (heavy)
Farmer’s Walk: 50 yards
Heavy Sandbag or Keg Carries: 50 yards
Rest 2 minutes between rounds.

Mash Elite Performance
+1
Day 4: Total Body Annihilation
Density Circuit (As many rounds as possible in 20 minutes):
Row or Assault Bike: 250 meters / 15 calories
Goblet Squats: 15 reps
Dumbbell Push Press: 10 reps
Toes-to-Bar or V-Ups: 15 reps

Barbell Medicine
Core Rules for Success
Rest periods: Keep rest strict. The goal is recovering faster between sets, not just lifting heavy.

Progression: Add weight or shave time off your circuits each week.
Recovery: Eat big, hydrate, and limit this hardcore structure to 3–4 weeks before cycling back into a specialized strength block.

Mash Elite Performance
+2

Mash Elite Performance
GPP and Conditioning for Strength Athletes - Mash Elite Performance
Aug 30, 2016 — Mash also has an e-book called *Mash Squat Every Day* that includes four 12-week programs for weightlifting, powerlifting, super t...

Lean By Habit
5-Day GPP Workout Plan for Total Fitness - Lean By Habit
Jun 1, 2025 — Day 5: Loaded Carries + Functional Strength * Trap Bar Deadlift – 6 reps. * Dumbbell Walking Lunges – 10 per leg. * Incline Dumbbe...

Westside Barbell
The Ultimate Guide to GPP Training for Athletic Performance
Aug 11, 2023 — Frequently Asked Questions. Q: What are the benefits of GPP training? A: Better overall conditioning, increased work capacity, and...

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The Ultimate Guide to GPP Training for Athletic Performance

Westside Barbell
https://www.westside-barbell.com › blog › the-need-for...
Aug 11, 2023 — GPP training builds basic levels of strength, endurance, coordination, GPP training options for advanced level athletes include sled drags, ...

Missing: hardcore | Show results with: hardcore
Jeremy's 6 Day Hardcore Strength Workout

Muscle & Strength
https://www.muscleandstrength.com › workouts › jerem...
This is a hardcore strength building workout that has you in the gym 6 days a week, and focuses on basic strength building lifts.
Missing: gpp | Show results with: gpp
General Physical Preparedness (GPP) Training For Lifters

Barbell Medicine
https://www.barbellmedicine.com › blog › general-phys...
Feb 26, 2025 — Learn how General Physical Preparedness (GPP) improves strength, recovery, and performance for lifters of all levels.
Missing: hardcore | Show results with: hardcore
People also ask
What is a GPP exercise program?
What does GPP mean in strength and conditioning?
What is a good GPP program for weightlifters?
How long should a GPP phase last?
5-Day GPP Workout Plan for Total Fitness

Lean By Habit
https://leanbyhabit.com › 2025/06/01 › 5-day-gpp-wor...
Jun 1, 2025 — This 5-day GPP plan uses conventional gym exercises to help you develop strength, endurance, mobility, and resilience. workout includes ...
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GPP and Conditioning for Strength Athletes

Mash Elite Performance
https://www.mashelite.com › gpp-and-conditioning-for-...
Good Choices of GPP • Sled Pulls • Prowler Pushes • Farmers Walk • OH Axle Bar Carries • Yoke Walks The keys to programming these movements • Distance • Weight ...
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Hardcore Training

RossTraining.com
https://rosstraining.com › blog › hardcore-training

This video clip demonstrates the results of the experiment, shows some of the movements that I used, and offers readers ideas to spice up their own routines. ...

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Hardcore workout routine I've been doing. They don't know ...

Reddit · r/workout

9 comments · 2 years ago

Workout. Week 1. Monday. Bench Press (6x12). Shoulder Press (5x10). Tricep Extension (6x12). Bicep Curl (5x10). Bike (30 Minutes). Tuesday.Read more

Anybody have resources on good GPP Conditioning ...

24 posts

Mar 26, 2014

Training Tuesday: GPP : r/weightroom - Reddit

46 posts

Feb 28, 2017

More results from www.reddit.com

Missing: gpp strenth&

ULTIMATE GPP PROTOCOL - MASQ TRANING

masqtraining.com

https://www.masqtraining.com › ultimate-gpp-protocol

It consist of three different training blocks and each training day consist of two of those three training blocks. STRENGTH (block 2A): Increase neural drive, ...

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Build Muscle, Move Well and Boost Fitness with Our 4- ...

Men's Health

https://www.menshealth.com › workouts › build-functi...

Jul 8, 2024 — Use a combination of old-school bodybuilding and new-school wisdom to add muscle and strength while moving better and feeling fitter.

1) Wide Grip Pull-Up X 5

2) Dumbbell Z-Press X 10

4) Bodyweight Dips X 20 Reps

Missing: strenth& | Show results with: strenth&

Sponsored result

Sport-specific Strength Training

Volt Athletics

https://www.voltathletics.com
Programs for 40+ Sports — Research-based, all-in-one strength & conditioning software for coaches & teams.
Ready-Made Training Programs · S&C Program Templates · Fo
Strength Coaches
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General physical preparedness program
What is GPP biology
GPP exercises list
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GPP program
What is gpp science
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5
6
7
Next
Results are not personalized
Elmira, New York - From your IP address
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BODYBUILDING FOR STREENGTH CROSSFIT IFBB COLLEGE COURSE CURRICULUM SYLLABUS FOR THE IFBB ACADEMY

IFBB Academy Advanced Strength & Hybrid Conditioning Curriculum

Course Code: IFBB-STR-401

Course Title: Hybrid Strength Systems: Bodybuilding, Powerlifting, and Functional Fitness Integration

Duration: 15 Weeks (3 Credit Hours)

Prerequisites: Certified Personal Trainer (CPT) or Advanced Exercise Physiology

Course Description

This course provides an advanced framework for combining mechanical hypertrophy, absolute strength, and high-intensity functional conditioning. Students will analyze the physiological mechanisms of the International Federation of Bodybuilding and Fitness (IFBB) training methodologies alongside CrossFit modalities. The curriculum focuses on periodization strategies that prevent overtraining while maximizing muscle cross-sectional area, neuromuscular adaptation, and metabolic flexibility.

Learning Objectives

Design periodized programs combining hypertrophy and metabolic conditioning.

Analyze biomechanical differences between power movements and isolation exercises.

Evaluate energy system development across different athletic modalities.

Mitigate injury risks associated with high-volume hybrid training systems.

Prescribe targeted nutrition plans for performance and body composition.

Course Materials

Science and Development of Muscle Hypertrophy (2nd Edition) – Brad Schoenfeld

Programming for Strength Training – Mark Rippetoe

IFBB Academy Official Elite Trainer Manual – IFBB Publications

Selected peer-reviewed journal articles from the Journal of Strength and Conditioning Research

15-Week Weekly Schedule

Phase 1: Foundational Mechanics & Hypertrophy

Week 1: Introduction to Hybrid Training

Evolution of IFBB bodybuilding protocols and CrossFit paradigms.

Structural adaptations vs. functional performance goals.

Week 2: Mechanisms of Hypertrophy

Mechanical tension, metabolic stress, and muscle damage.

Hypertrophy rep ranges, time under tension, and mind-muscle connection.

Week 3: Absolute Strength Foundations

Neuromuscular adaptations and motor unit recruitment.
Biomechanics of the squat, bench press, and deadlift.
Week 4: Olympic Weightlifting in Functional Fitness
Mechanics of the clean & jerk and snatch.
Power development and rate of force development (RFD).
Week 5: Mid-Phase Programming Assessment
Designing a 4-week base hypertrophy block.
Practical evaluation of lifting techniques.
Phase 2: Metabolic Conditioning & Energy Systems
Week 6: Bioenergetics of High-Intensity Conditioning
Phosphagen, glycolytic, and oxidative pathway management.
Programming AMRAPs, EMOMs, and Chipper workouts.
Week 7: The Interference Effect
Concurrent training compatibility challenges.
Molecular signaling pathways (AMPK vs. mTOR activation).
Week 8: Work Capacity & Lactate Threshold
Improving VO2 max and aerobic power for strength athletes.
Active recovery protocols for high-frequency lifters.
Week 9: Gymnastics & Body Control
Core stability, calisthenics, and functional movement screening.
Integrating bodyweight mastery with heavy external loads.
Week 10: Midterm Examination
Theoretical exam on exercise physiology and biomechanics.
Phase 3: Advanced Periodization & Peak Performance
Week 11: Concurrent Periodization Models
Conjugate, linear, and undulating periodization setups.
Structuring the weekly microcycle for bodybuilding and conditioning.
Week 12: Sports Nutrition & Ergogenic Aids
Macronutrient manipulation for muscle growth and endurance.
Supplementation strategies, hydration, and nutrient timing.
Week 13: Injury Prevention & Joint Longevity
Managing systemic fatigue and central nervous system (CNS) burnout.
Soft tissue care, mobility drills, and deload strategies.
Week 14: Elite Contest Prep & Peak Week
IFBB bodybuilding presentation, symmetry, and posing dynamics.
CrossFit competition tapering and pacing strategies.
Week 15: Final Capstone Project Presentations
Submission of a comprehensive 12-week hybrid training blueprint.

Grading Criteria
20% Midterm Examination
30% Quizzes and Case Studies
15% Practical Coaching Assessments
35% Final Hybrid Capstone Project
If you want, I can help you expand this syllabus by:
Drafting a detailed rubric for the Week 15 Capstone Project
Writing a sample weekly microcycle layout combining heavy lifts with a conditioning WOD
Creating specific quiz questions for the Phase 2 energy systems module
Let me know which section you would like to develop further.
AI responses may include mistakes. Learn more

Ovid
An Evidenced-Based Training Plan for Brazilian... : Strength & Conditioning Journal
Furthermore, still to be discussed is a detailed periodization strategy to effectively manage training load and integrate training...

Slideshare
Hypertrophy:Basics and Advanced methods | PDF
The document discusses hypertrophy training and its relationship with athletic performance, outlining the importance of muscle cro...

www.turkishkinesiology.com
Bioenergetics and energy systems in sport performance: A narrative review | Advances in Health and Exercise
Objective: The objective is to understand the role of bioenergetics and different energy systems (ATP-PC, anaerobic, and aerobic) ...

Show all
COURSE CREATED by CAGLAR JUAN SINGLETARY
IFBB Academy Advanced Strength & Hybrid Conditioning Curriculum
Course Code: IFBB-STR-401
Course Title: Hybrid Strength Systems: Bodybuilding, Powerlifting, and Functional Fitness

Integration

Course Creator: Caglar Juan Singletary

Duration: 15 Weeks (3 Credit Hours)

Prerequisites: Certified Personal Trainer (CPT) or Advanced Exercise Physiology

Course Description

Developed by Caglar Juan Singletary, this course provides an advanced framework for combining mechanical hypertrophy, absolute strength, and high-intensity functional conditioning. Students will analyze the physiological mechanisms of the International Federation of Bodybuilding and Fitness (IFBB) training methodologies alongside CrossFit modalities. The curriculum focuses on periodization strategies that prevent overtraining while maximizing muscle cross-sectional area, neuromuscular adaptation, and metabolic flexibility.

Learning Objectives

Design periodized programs combining hypertrophy and metabolic conditioning.

Analyze biomechanical differences between power movements and isolation exercises.

Evaluate energy system development across different athletic modalities.

Mitigate injury risks associated with high-volume hybrid training systems.

Prescribe targeted nutrition plans for performance and body composition.

Course Materials

Science and Development of Muscle Hypertrophy (2nd Edition) – Brad Schoenfeld

Programming for Strength Training – Mark Rippetoe

IFBB Academy Official Elite Trainer Manual – IFBB Publications

Selected peer-reviewed journal articles from the Journal of Strength and Conditioning Research

15-Week Weekly Schedule

Phase 1: Foundational Mechanics & Hypertrophy

Week 1: Introduction to Hybrid Training

Evolution of IFBB bodybuilding protocols and CrossFit paradigms.

Structural adaptations vs. functional performance goals.

Week 2: Mechanisms of Hypertrophy

Mechanical tension, metabolic stress, and muscle damage.

Hypertrophy rep ranges, time under tension, and mind-muscle connection.

Week 3: Absolute Strength Foundations

Neuromuscular adaptations and motor unit recruitment.

Biomechanics of the squat, bench press, and deadlift.

Week 4: Olympic Weightlifting in Functional Fitness

Mechanics of the clean & jerk and snatch.

Power development and rate of force development (RFD).

Week 5: Mid-Phase Programming Assessment

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Practical evaluation of lifting techniques.

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Week 6: Bioenergetics of High-Intensity Conditioning

Phosphagen, glycolytic, and oxidative pathway management.

Programming AMRAPs, EMOMs, and Chipper workouts.

Week 7: The Interference Effect

Concurrent training compatibility challenges.

Molecular signaling pathways (AMPK vs. mTOR activation).

Week 8: Work Capacity & Lactate Threshold

Improving VO2 max and aerobic power for strength athletes.

Active recovery protocols for high-frequency lifters.

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Core stability, calisthenics, and functional movement screening.

Integrating bodyweight mastery with heavy external loads.

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Phase 3: Advanced Periodization & Peak Performance

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Grading Criteria

20% Midterm Examination

30% Quizzes and Case Studies

15% Practical Coaching Assessments

35% Final Hybrid Capstone Project

If you want, I can help you expand this syllabus by:

Drafting biographical text or an instructor welcome letter from Caglar Juan Singletary

Creating the detailed evaluation rubric for the Final Hybrid Capstone Project
Outlining specific lecture notes or presentation topics for Week 11's periodization models
Let me know which asset you would like to build out next.
AI responses may include mistakes. Learn more

Ask anything

AI Mode response is ready
Ask about

calisthenics and crossfit without weights for ludo fiction
A zero-weight, high-intensity CrossFit-style calisthenics workout (often called "bodyweight CrossFit" or WOD without gear) mixes fast, repeating body movements. It builds power, speed, and endurance using only your body.

YouTube
·BullyJuice
+2
No-Weight CrossFit Movements
Air squats: Fast, deep knee bends.
Burpees: Drop to the floor, push up, jump high.
V-ups: Fold your body like a jackknife.
Jumping lunges: Switch legs mid-air.
Handstand push-ups: Kick up to a wall and press.
Sample "Ludo Fiction" Bodyweight WOD (Workout of the Day)
Goal: Do as many rounds as fast as you can in 15 minutes.
10 Burpees
20 Air squats
10 V-ups
30-second Handstand hold
Watch this video to see how controlled bodyweight reps build serious strength without weights:
Ludo | Bodyweight is enough. You’re just not pushing it hard ... by Ludo on Instagram

0:07
Ludo | Bodyweight is enough. You’re just not pushing it hard ...
22K views · 4 months ago

Instagram · Ludo
If you'd like to adjust this for your story or personal training, let me know:
Is this for a fictional character or your own workout?
How long do you want the routine to last?
AI responses may include mistakes. Learn more

Instagram
I’m 6'2/198lbs and yes, you can build muscle and strength using only ...
Strength in calisthenics transfers well into lifting. But the reverse is more limited. Calisthenics builds integrated strength: Fu...

YouTube
FULL BODY CALISTHENICS WORKOUT FOR BEGINNERS(NO ...
Well that shouldn't give us an excuse to do nothing! WE can still continue to work hard to get after the gains! With calisthenic w...

AQF Sports
Calisthenics Vs Crossfit - What is Suitable For You? - AQF Sports
Is CrossFit different from calisthenics? Yes, CrossFit combines various exercises while calisthenics focuses on bodyweight exercis...

Show all
LUDO FENCING 1ST KATA
In LudoSport lightsaber fencing, the first formalized style is Form 1 (originally inspired by the Shii-Cho style of combat). While traditional martial arts use the term kata, LudoSport specifically codifies its pre-arranged training sequences as The Rin or Form 1 Sequences.

Udemy

+2

Because Form 1 utilizes a two-handed grip on a long hilt, its opening sequence focuses entirely on establishing foundational geometry, defense lines, and fundamental target cuts.

Wikipedia

+1

Core Principles of Form 1

Two-handed grip: High stability and control.

Safehouse philosophy: Keeping the blade centered to maintain a highly protected, hard-to-break guard.

No thrusting: Linear stabs are strictly illegal in standard rules.

Target areas: Strikes focus on the torso, limbs, and top of the head (avoiding horizontal face cuts).

YouTube

·Shot's On: Alt Sports

+3

Step-by-Step Breakdown of the Opening Sequence

The Salute (Se.Cu.Ri.): Stand with feet together, holding the hilt with two hands at chest level, and bring the blade perfectly vertical to honor the principles of Service, Care, and Respect.

Facebook

·LudoSport International

The Ready Stance: Step back with your dominant foot into a stable, wide stance while bringing the hilt to your hip, angling the blade forward to protect your centerline.

Facebook

·LudoSport International

+1

The Overhead Guard: Raise the weapon directly over your head with both elbows flared out slightly, creating an absolute defense against downward strikes.

The Core Six-Cut Pattern: Move fluidly through the foundational target zones:

Left and Right High: Diagonal downward cuts targeting the shoulders.

Left and Right Low: Horizontal sweeps targeting the thighs or flanks.

Vertical Center: A straight downward strike split perfectly down the middle line.

The Reset: Return immediately to the centralized guard position while stepping back to manage your distance.

TikTok
·FalseEdgeHEMA
+1
To see how these mechanical forms translate directly into fast-paced, competitive arena tournaments, you can watch athletes fluidly link these exact lines under pressure:
Watch how competitors deploy the deliberate geometry and footwork of Form 1 in live tournament matchups:

05:35:42
LudoSport Midlands Regional Tournament: Lightsaber Fencing
2.1K views · 4 months ago

YouTube · Shot's On: Alt Sports
Are you writing a scene where a character is learning this form for the first time, or are they executing it perfectly in a high-stakes demonstration?
AI responses may include mistakes. Learn more

Facebook
.
LudoSport International
LudoSport International - Facebook
Nov 29, 2025 — This year's edition brought together athletes from across the LudoSport network, all showcasing remarkable skill, sportsmanship, a...

TikTok
.
FalseEdgeHEMA
Swordfighting 101: Mastering the Lunge - TikTok
Mar 3, 2022 — this is called terse off hand. high for balance, at the chest for thrust defense. on the hip or behind the back for gentlemanly st...

Facebook

.

LudoSport International

#LightSaber Combat Forms 9þ ã Different ... - Facebook

Oct 15, 2020 — #LightSaber Combat Forms 9þ ã Different Combat Light Saber, 1þ ã Amazing #Sport. Ø=ÜG Let's discover tog...

Show all

LUDO LADIES

Because the term "Ludo Ladies" overlaps across a few different spaces depending on the exact context of your world or story, it most frequently points to three distinct concepts:

1. Female Competitors in LudoSport

In the context of LudoSport Lightsaber Fencing, all forms, ranks, and tournament formats are entirely mixed-gender. The female athletes—often colloquially celebrated as the "Ladies of LudoSport" or "Ludo Ladies" within the community—compete directly against male athletes in the global arena. The sport's core philosophy emphasizes that precision, geometry, and speed completely neutralize differences in raw physical mass or weight.

LudoSport

+1

2. Digital Game Casual Clubs

In mobile gaming apps like Ludo King and Ludo Club, there is a massive community of all-female teams, clubs, and casual tournaments.

Platforms host special "Ladies Night" game sessions designed to create a low-pressure social environment for women to play board games.

Regular seasonal events, such as International Women's Day promos, challenge players to unlock custom female avatars, tokens, and dice.

Instagram

·ludoclubmoonfroglabs

+2

3. Fictional Character Tropes

If you are developing this for your fiction writing, a "Ludo Lady" functions perfectly as a character archetype:

The Tactician: A character who treats real-world combat exactly like a game of Ludo or Pachisi—calculating risks, blockades, and sacrifices with cold, dice-rolling probability.

The Saber Master: A highly ranked female instructor who excels in the fluid, non-violent

defensive lines of Form 1.

Wikipedia
+2
Are these Ludo Ladies meant to be a competitive esports squad in a board game community, or a specialized group of lightsaber duelists in your story?

LudoSport
+1
AI responses may include mistakes. Learn more

LudoSport
LudoSport light saber combat network and Academies
* LudoSport: World's first. and largest Lightsaber Combat Academy. A.D. 2006, LudoSport created sporting Light Saber Combat. Find ...

Facebook
.
LudoSport Birmingham - Light Saber Combat School
We celebrate a day late because one day simply isn't enough ...
Mar 9, 2025 — We celebrate a day late because one day simply isn't enough to honor the strength, resilience, and impact of the incredible women ...
We celebrate a day late because one day simply isn't enough ... by LudoSport Birmingham - Light Saber Combat School on Facebook
1:33

LudoSport
The world's first Lightsaber Fencing Sports Network - LudoSport
Masters explained the idea of SE. CU. RI., about our sword, which was not designed to bring any harm, and about their dream to cre...

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white crane 8 pieces of barcode exercise curriculum syllabus detail
Eight Pieces Brocade Qigong Routine | Ba Duan Jin | Chi KungThe "8 pieces of barcode" in your query refers to the 8 Pieces of Brocade (also known as Ba Duan Jin), a classic Qigong routine featured in schools like the White Crane Academy. It is taught as a therapeutic, low-impact exercise set focusing on posture, breath, and energy flow.

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STATIONARY &PIVOTING PUNCHES INSPIRED BY PATRICIA MCPHERSON&DAVID HASSLEHOFF&KITT+the women of KNIGHTRIDER1982,QKEMPOKENOO KATAGATA CREATED BY CAGLAR JUAN SINGLETARY

Here is a conceptual martial arts training blueprint for a Kata (formal pattern) inspired by the 1982 television series Knight Rider. It blends the smooth efficiency of the Trans Am K.I.T.T., the physical combat style of David Hasselhoff (Michael Knight), the technical intellect of Patricia McPherson (Bonnie Barstow), and the strong female characters of the show, adapted into a Kempo/Kenpo matrix.

Core Concepts & Attributes

K.I.T.T. (The Trans Am): Represents shifting gears, sudden pivots, turbo boosts, and an unyielding, high-tech defense.

Michael Knight: Represents athletic, long-range brawling punches, high-energy evasion, and dramatic, sweeping movements.

Bonnie Barstow & The Women: Represent precision, calculated angles, technical vulnerability targeting, and biomechanical efficiency.

Part 1: Stationary Punches (The Foundation)

Executed from a rooted horse stance (Kiba Dachi) or a neutral training stance, simulating K.I.T.T. idling or analytical scanning.

The Turbo Drive Thrust (Linear Punch): A rapid, straight centerline punch utilizing maximum hip corkscrew rotation. It simulates K.I.T.T. launching in a straight line.

The Scanner Sweep (Backfist / Hook Combo): A horizontal backfist followed immediately by a tight hook punch, tracing the red tracking light of K.I.T.T.’s nose cone.

The Overdrive Cross (Long-Range Cross): A heavily extended rear-hand cross mimicking Michael Knight's signature brawling right hand, driving through the target.

The Micro-Circuit Jab (Precision Strike): A lightning-fast, vertical-fist jab aiming strictly for soft targets (throat, eyes, nerve clusters), channeling Bonnie’s technical accuracy.

Part 2: Pivoting Punches (The Mobility)

Utilizing sharp 40, 90, and 180-degree heel and ball-of-the-foot pivots to simulate a car drifting, evasive maneuvers, and tracking multiple targets.

The J-Turn Pivot Punch: Step forward, pivot 180 degrees on the lead foot into a reverse bow stance, delivering a devastating rear-hand punch to an opponent attacking from behind.

The Trajectory Shift Uppercut: Slip outside an incoming strike with a 45-degree lateral pivot, exploding upward with a lead uppercut (simulating K.I.T.T. launching over an obstacle).

The Executive Defense Hook: Pivot 90 degrees outward into a deep cat stance to deflect an attack, then instantly shift weight forward into a pivoting lead hook punch.

The Dual-Tracking Cross: A rapid double-pivot sequence. Pivot left to strike Target A with a cross, then immediately pivot right on the reverse heel to drive a cross into Target B.

Part 3: The "Knight Rider 1982" Katagata

A continuous 24-movement sequence combining the elements above.

Opening: The Activation

Begin in formal attention stance.

Bring hands together at the chest (simulating checking the wrist Comlink).

Step out into a wide horse stance, crossing arms and dropping them low (The Scanner Scan).

Section A: Michael & K.I.T.T. (Power & Momentum)

Advance forward into a left forward bow stance; deliver a Turbo Drive Thrust.

Pivot 90 degrees to the right; execute a Scanner Sweep combo.

Step through with a heavy right-foot lunging Overdrive Cross.

Execute a 180-degree J-Turn Pivot to the rear, dropping low into a defensive shield block.

Section B: The Women of Knight Rider (Precision & Analytics)

From the low shield, shift weight to a left neutral bow and execute a rapid Micro-Circuit Jab to a throat-level target.

Slip slightly off-center with a 45-degree Trajectory Shift and fire a liver-targeted uppercut.

Step back into a right cat stance, performing a sweeping palm block (deflection).

Pivot sharply on the left heel, driving a vertical punch straight through the opponent's guard.

Closing: The Autopilot

Return to the centerline with a rapid-fire sequence of alternating stationary punches.

Draw the right foot back to meet the left.

Bring the fists to the hips, bow, and return to an open, ready stance.

If you want to expand this concept, let me know:

Should we add specific footwork patterns like the "Super Pursuit Mode" advance?

Do you want to incorporate blocking techniques inspired by K.I.T.T.'s molecular bonded shell?

Would you like to map this to a specific Kempo belt-level layout?

AI responses may include mistakes. Learn more

Ask anything

AI Mode response is ready

Ask about

Tummee

+2

Curriculum and Syllabus Outline

The routine consists of eight distinct movements. Each movement targets specific meridians, internal organs, and physical alignments:

Tummee

+1

Two Hands Hold Up the Heavens (Liang Shou Tuo Tian): Regulates the triple heater/burner and stretches the torso.

Scribd

+1

Drawing the Bow to Shoot the Hawk (Zuo You Kai Gong Ru She Ji): Strengthens the upper back, chest, and shoulders; benefits respiration.

Separating Heaven and Earth (Tiao Li Pi Wei Xu Dan Ju): Regulates the spleen and stomach via alternating vertical stretches.

Wise Owl Gazes Backward (Wu Lao Qi Shang Wang Hou Qiao): Relieves fatigue, neck tension, and nervous strain by gently twisting the cervical spine.

Big Bear Turns / Sway the Head and Shake the Tail (Yao Tou Bai Wei Qu Xin Huo): Clears heart fire and loosens the lower back and hips.

Udemy

Two Hands Hold the Feet to Strengthen Kidneys and Waist (Qiang Shen Gu Ben / Liang Shou Pan Zu): Bends forward to stretch the lower back and stimulate kidney energy.

Udemy

Clench the Fists and Glare Fiercely (Cuan Quan Nu Mu Zeng Qi Li): Builds internal force, focus, and muscular tension release.

Udemy

Bouncing on the Toes / Behind Seven Topplings (€ÌT N˜v~uÅmˆ): Ger
drops to stimulate the whole nervous and lymphatic system.

Training Principles

Posture: Begins in an upright Wuji or standing meditation stance with relaxed knees.

Coordination: Movements match slow, deep abdominal breathing.

Progression: Used at the foundation level for warm-ups, mobility, and cultivating body awareness before progressing to dynamic forms.

Earth Balance Tai Chi
+4
If you'd like, let me know:
Are you looking for step-by-step instructions for a specific move?
Do you need information on seated modifications?
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Tummee
Eight Pieces Of Brocade Yoga (Ba Duan Jin) - Tummee
Eight Pieces of Brocade (Ba Duan Jin) is a core practice within the traditional Chinese healing system of Qigong and Taichi, and i...

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This Video Digital Download Course includes THREE TRAINING VIDEOS which teach the 8 kata of the Okinawan White Crane system, a stu...

Earth Balance Tai Chi
Eight Pieces Brocade Qigong Routine | Ba Duan Jin | Chi Kung
EIGHT PIECES OF BROCADE ROUTINE * Starting Posture: Wuji posture, hands down by sides, palms facing the legs. Follow the alignment...

Show all
ALL THE ABOVE
Here are the step-by-step instructions for all eight movements, along with their seated modifications for practicing safely.
1. Two Hands Hold Up the Heavens
Standing Step-by-Step: Stand with feet hip-width apart. Interlace your fingers in front of your belly. Inhale as you raise your hands up the center line. Turn your palms upward above your head. Push up gently while looking at your hands. Exhale as you separate your hands and circle them down to the sides.
Seated Modification: Sit upright away from the back of the chair. Interlace fingers on your lap.

Raise and push upward exactly like the standing version. Keep your sit-bones firmly rooted in the chair.

2. Drawing the Bow to Shoot the Hawk

Standing Step-by-Step: Step out wide into a horse stance. Cross your forearms at chest level. Extend one arm out to the side with an index finger pointing up (the bow). Pull the opposite elbow back at shoulder height (the string). Look sharply toward your extended hand. Inhale on the expansion, and exhale as you return to center. Alternate sides.

Seated Modification: Sit forward on the chair with your feet placed wide apart for stability. Perform the arm crossing, chest expansion, and elbow pulling exactly as described above without shifting your weight.

3. Separating Heaven and Earth

Standing Step-by-Step: Stand with feet hip-width apart. Hold your hands in front of your chest as if holding a ball. Inhale as one palm pushes straight up to the sky (fingers pointing inward) while the other palm pushes down toward the earth (fingers pointing forward). Stretch gently. Exhale and return to the "ball" position. Alternate sides.

Seated Modification: Sit upright with spine straight. Follow the exact same vertical pressing motions with the arms, focusing on stretching the sides of your torso while keeping your pelvis heavy on the seat.

4. Wise Owl Gazes Backward

Standing Step-by-Step: Stand with feet hip-width apart, arms hanging naturally. Inhale as you slowly turn your head to look as far over one shoulder as possible. At the same time, twist your arms outward so your palms face forward or outward. Exhale as you slowly return your head and arms to the front. Alternate sides.

Seated Modification: Sit tall to ensure full spinal length. Turn your head and rotate your arms exactly like the standing version. Ensure your shoulders stay relaxed and down, away from your ears.

5. Sway the Head and Shake the Tail

Standing Step-by-Step: Step into a wide horse stance. Place your hands on your thighs with thumbs pointing backward. Lower your weight slightly. Inhale, then exhale as you lean your torso forward and circle your head down toward one knee, across the center, and up toward the other knee. Reverse the circle on the next breath.

Seated Modification: Place your feet wide apart while seated. Rest your hands on your knees. Lean your torso forward and gently rotate your upper body in a smooth circle, letting your head follow the movement naturally without straining your neck.

6. Two Hands Hold the Feet to Strengthen Kidneys

Standing Step-by-Step: Stand with feet together or hip-width apart. Inhale and raise your arms up. Exhale as you bend forward from the hips, sliding your hands down the back of your legs to touch your heels or toes. Hold briefly. Inhale as you slowly roll or sweep back up to standing.

Seated Modification: Sit securely on the chair with feet flat. Inhale to lengthen your spine. Exhale as you hinge forward from the hips, sliding your hands down your shins toward your ankles or feet. Only go as low as your flexibility comfortably allows.

7. Clench the Fists and Glare Fiercely

Standing Step-by-Step: Stand in a wide horse stance. Bring loose fists to your hips, palms facing up. Inhale deeply. Exhale as you slowly punch one fist forward, rotating it so the palm faces down. Open your eyes wide and glare with intent. Inhale as you relax the eyes and pull the fist back. Alternate sides.

Seated Modification: Sit firmly with feet planted. Bring your fists to your waist. Execute the slow, powerful punches forward combined with the wide, focused stare.

8. Bouncing on the Toes

Standing Step-by-Step: Stand with feet together. Inhale as you lift your heels up to balance on the balls of your feet. Hold for a second. Exhale and drop your heels back to the floor with a gentle, controlled thud to vibrate the body.

Seated Modification: Sit upright with your feet flat on the floor. Lift your heels as high as possible while keeping your toes pressed down. Drop your heels down firmly onto the floor to create a gentle vibration up through your legs.

If you want, let me know:

How many repetitions you should do for each movement?

If you would like a breathing guide for a specific exercise?

AI responses may include mistakes. Learn more

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white crane 8 pieces of barcode exercise curriculum syllabus detail

Eight Pieces Brocade Qigong Routine | Ba Duan Jin | Chi KungThe "8 pieces of barcode" in your query refers to the 8 Pieces of Brocade (also known as Ba Duan Jin), a classic Qigong routine featured in schools like the White Crane Academy. It is taught as a therapeutic, low-impact

exercise set focusing on posture, breath, and energy flow.

Tummee
+2
Curriculum and Syllabus Outline
The routine consists of eight distinct movements. Each movement targets specific meridians, internal organs, and physical alignments:

Tummee
+1
Two Hands Hold Up the Heavens (Liang Shou Tuo Tian): Regulates the triple heater/burner and stretches the torso.

Scribd
+1
Drawing the Bow to Shoot the Hawk (Zuo You Kai Gong Ru She Ji): Strengthens the upper back, chest, and shoulders; benefits respiration.
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Wise Owl Gazes Backward (Wu Lao Qi Shang Wang Hou Qiao): Relieves fatigue, neck tension, and nervous strain by gently twisting the cervical spine.
Big Bear Turns / Sway the Head and Shake the Tail (Yao Tou Bai Wei Qu Xin Huo): Clears heart fire and loosens the lower back and hips.

Udemy
Two Hands Hold the Feet to Strengthen Kidneys and Waist (Qiang Shen Gu Ben / Liang Shou Pan Zu): Bends forward to stretch the lower back and stimulate kidney energy.

Udemy
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Udemy
Bouncing on the Toes / Behind Seven Topplings (€ÌT N˜v~uÅmˆ): Ger
drops to stimulate the whole nervous and lymphatic system.
Training Principles
Posture: Begins in an upright Wuji or standing meditation stance with relaxed knees.
Coordination: Movements match slow, deep abdominal breathing.

Progression: Used at the foundation level for warm-ups, mobility, and cultivating body awareness before progressing to dynamic forms.

Earth Balance Tai Chi
+4
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Do you need information on seated modifications?
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Standing Step-by-Step: Stand with feet hip-width apart. Interlace your fingers in front of your belly. Inhale as you raise your hands up the center line. Turn your palms upward above your

head. Push up gently while looking at your hands. Exhale as you separate your hands and circle them down to the sides.

Seated Modification: Sit upright away from the back of the chair. Interlace fingers on your lap. Raise and push upward exactly like the standing version. Keep your sit-bones firmly rooted in the chair.

2. Drawing the Bow to Shoot the Hawk

Standing Step-by-Step: Step out wide into a horse stance. Cross your forearms at chest level. Extend one arm out to the side with an index finger pointing up (the bow). Pull the opposite elbow back at shoulder height (the string). Look sharply toward your extended hand. Inhale on the expansion, and exhale as you return to center. Alternate sides.

Seated Modification: Sit forward on the chair with your feet placed wide apart for stability. Perform the arm crossing, chest expansion, and elbow pulling exactly as described above without shifting your weight.

3. Separating Heaven and Earth

Standing Step-by-Step: Stand with feet hip-width apart. Hold your hands in front of your chest as if holding a ball. Inhale as one palm pushes straight up to the sky (fingers pointing inward) while the other palm pushes down toward the earth (fingers pointing forward). Stretch gently. Exhale and return to the "ball" position. Alternate sides.

Seated Modification: Sit upright with spine straight. Follow the exact same vertical pressing motions with the arms, focusing on stretching the sides of your torso while keeping your pelvis heavy on the seat.

4. Wise Owl Gazes Backward

Standing Step-by-Step: Stand with feet hip-width apart, arms hanging naturally. Inhale as you slowly turn your head to look as far over one shoulder as possible. At the same time, twist your arms outward so your palms face forward or outward. Exhale as you slowly return your head and arms to the front. Alternate sides.

Seated Modification: Sit tall to ensure full spinal length. Turn your head and rotate your arms exactly like the standing version. Ensure your shoulders stay relaxed and down, away from your ears.

5. Sway the Head and Shake the Tail

Standing Step-by-Step: Step into a wide horse stance. Place your hands on your thighs with thumbs pointing backward. Lower your weight slightly. Inhale, then exhale as you lean your torso forward and circle your head down toward one knee, across the center, and up toward the other knee. Reverse the circle on the next breath.

Seated Modification: Place your feet wide apart while seated. Rest your hands on your knees. Lean your torso forward and gently rotate your upper body in a smooth circle, letting your head follow the movement naturally without straining your neck.

6. Two Hands Hold the Feet to Strengthen Kidneys

Standing Step-by-Step: Stand with feet together or hip-width apart. Inhale and raise your arms up. Exhale as you bend forward from the hips, sliding your hands down the back of your legs to touch your heels or toes. Hold briefly. Inhale as you slowly roll or sweep back up to standing.
Seated Modification: Sit securely on the chair with feet flat. Inhale to lengthen your spine. Exhale as you hinge forward from the hips, sliding your hands down your shins toward your ankles or feet. Only go as low as your flexibility comfortably allows.
7. Clench the Fists and Glare Fiercely
Standing Step-by-Step: Stand in a wide horse stance. Bring loose fists to your hips, palms facing up. Inhale deeply. Exhale as you slowly punch one fist forward, rotating it so the palm faces down. Open your eyes wide and glare with intent. Inhale as you relax the eyes and pull the fist back. Alternate sides.
Seated Modification: Sit firmly with feet planted. Bring your fists to your waist. Execute the slow, powerful punches forward combined with the wide, focused stare.
8. Bouncing on the Toes
Standing Step-by-Step: Stand with feet together. Inhale as you lift your heels up to balance on the balls of your feet. Hold for a second. Exhale and drop your heels back to the floor with a gentle, controlled thud to vibrate the body.
Seated Modification: Sit upright with your feet flat on the floor. Lift your heels as high as possible while keeping your toes pressed down. Drop your heels down firmly onto the floor to create a gentle vibration up through your legs.
If you want, let me know:
How many repetitions you should do for each movement?
If you would like a breathing guide for a specific exercise?
AI responses may include mistakes. Learn more

Ask anything

AI Mode response is ready
Ask about

Ask anything

AI Mode response is ready

Ask about

GPP CALISTHENICS SPP CALISTHENICS

In calisthenics, GPP (General Physical Preparation) builds a broad base of fitness, work capacity, and durability using basic bodyweight movements, while SPP (Specific Physical Preparation) focuses on exact target skills like a planche, front lever, or muscle-up.

YouTube

·K boges

+3

GPP Calisthenics (Building the Base)

Goal: Increase overall strength, joint health, endurance, and muscle mass.

Movements: Basic patterns like push-ups, pull-ups, bodyweight squats, dips, and planks.

Style: Higher volume, moderate intensity, shorter rest times, and fixing weak points.

GQ

+1

SPP Calisthenics (Targeted Mastery)

Goal: Learn and master high-level bodyweight gymnastics skills.

Movements: Isolations and progressions for handstands, muscle-ups, L-sits, back levers, or planches.

Style: Low repetition, high technical focus, longer rest periods to allow full nervous system recovery.

Calisteniapp

+1

Would you like a sample weekly training split that combines GPP and SPP for your current fitness level?

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training courses, recipes, consulta...

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Transform your body with Calisteniapp, the calisthenics app that adapts training to your level and helps you make real progress.

Calisteniapp
Easily Understand Training Plans for Calisthenics - Calisteniapp
Follow these four steps to create an effective training plan: * Step 1: Define Your Goals. Start by deciding what you want to achi...

Show all
Yes
Here is a balanced 4-day upper/lower split that combines SPP (skill mastery) with GPP (building muscle and conditioning).
Schedule Overview
Monday: Upper Body (SPP Focus + GPP Finish)
Tuesday: Lower Body & Core (GPP Conditioning)
Wednesday: Rest
Thursday: Upper Body (SPP Focus + GPP Finish)
Friday: Lower Body & Core (GPP Conditioning)
Weekend: Rest
Upper Body Days (Monday & Thursday)
Part 1: SPP (Skill Mastery)
Warm up your wrists and shoulders thoroughly before starting.
Skill A: Handstand or Planche progression
3–5 sets × 5–10 second holds
3 minutes rest between sets (High focus, low fatigue)
Skill B: Muscle-up or Front Lever progression
3–4 sets × 2–4 explosive reps (or 5-second holds)
3 minutes rest between sets
Part 2: GPP (Strength & Muscle Base)
Move faster through these. Rest 60–90 seconds between sets.
Exercise 1: Pull-up variation (Weighted, regular, or australian rows)
3–4 sets × 8–12 reps

Exercise 2: Dip variation (Bar dips, ring dips, or pike push-ups)
3–4 sets × 8–12 reps
Exercise 3: Push-up variation (Deficit, diamond, or regular push-ups)
3 sets × AMRAP (As Many Reps As Possible)
Lower Body & Core Days (Tuesday & Friday)
Part 1: SPP (Advanced Core Control)
Skill A: Dragon Flag or L-Sit/V-Sit hold
4 sets × max time hold (aim for 10–20 seconds)
2 minutes rest between sets
Part 2: GPP (Leg Strength & Work Capacity)
Rest 60–90 seconds between sets.
Exercise 1: Pistol Squat or Assisted Single-Leg Squat
3 sets × 5–8 reps per leg
Exercise 2: Walking Lunges or Bulgarian Split Squats
3 sets × 12–15 reps per leg
Exercise 3: Glute Bridges or Nordic Hamstring Curls
3 sets × 10–12 reps
Exercise 4: Hanging Leg Raises or Ab Wheel Rollouts
3 sets × 10–15 reps
What specific calisthenics skills (like handstands, muscle-ups, or planches) are you currently trying to unlock?
AI responses may include mistakes. Learn more
T A I ' C H I" , C H U N K U K D O ,' , T A I ' C H I' , G R A C I E - D I A L P I N K B E L T J I U J I T

Ask anything

AI Mode response is ready
Ask about